



Herndon United Methodist Church



Open hearts, open minds, open doors

August 2008

From Pastor Justin

Changes for the Fall

The summer is flying by, and soon we will be preparing for fall! To that end, I wanted to share some exciting news with you. This September we will have a new Sunday morning schedule aimed at growing our church and reaching out to our community. Here is the plan:

- 8:30am Traditional Worship Service
- 9:45am Sunday School and Small Groups for Children and Adults
- 11:00am Contemporary Worship Service

Why make these changes? Our music and worship teams, as well as Adult & Children's ministries have been working for the past few months to address a number of obstacles to growth that HUMC faces. Here are just some of the benefits we see from the new schedule:

- Adults will no longer have to choose between Sunday School and the Worship Service of their choice
- Children will be able to attend Sunday School and Worship with their families
- Musicians will no longer have to choose between Sunday School and the Service of their choice
- Your Pastor and staff will be able to be much more involved in Sunday School
- We can offer many more Adult Small Group options on Sunday morning

And the most important benefit: We will be able to offer more than one style of worship, to appeal to as many visitors and newcomers as possible!!! If we truly want to reach out to our community as disciples of Jesus Christ, we must do our best to meet the broadest spectrum of needs that we can.

Look for more details in the coming month as we prepare for the fall kick-off. As always, please feel free to talk to me with questions or comments, as well as Jon Simons (our Worship Team chair), Jared Daugherty (our Minister of Music), and our Lay Leaders Jay Lightfoot, Carolyn Ocel, and Rich Nielsen.

In Christ,
Pastor Justin

PS- At this time, no decisions have been made regarding the future of the Saturday evening service. We plan to talk with our Saturday congregation to see how they would like the service to evolve.

Tidbits

Recycling—

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



Yarn & Thread—

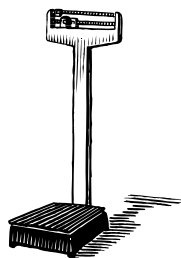
Yarn and Thread met at church on Sat. July 19. We are working on many different projects. We have supplies and teachers and welcome new members. It is not too early to make a scarf for this winter. Come and learn to knit or crochet.

Our next meeting is Sat. Aug. 16 at 9 am in room 4. Join us to knit, crochet or just to chat.



School Supplies for Free Clinic—

The Jeanie Schmidt Free Clinic will be providing school physicals to children of uninsured low income families this summer. When you buy school supplies for your child, please purchase extra and give to the clinic. There is a container in the coat closet for your donations.



Weight Watchers

Watch the “weekly reminders” for information concerning the beginning of a new session. The current session will end on August 14. New members are welcome to join any time. The meeting is Thursday at 6PM. Call Cheryl at the church office or email Jackie Parker at jparker511@verizon.net for more information.

Helping Hands

The helping hands “cooks” are ready to prepare delicious summertime meals for those who need a break during difficult times. There are no obstacles in our way (snow, etc.) to drive you to appointments either so call the church if you need us or email Wendy Warren at warrenwendy933@gmail.com. We are here for you!



Have Breakfast at La Madeleine!!!

Join Morning Glory Circle on August 7th at 7 a.m. for a breakfast full of fun and fellowship--no cards to write, just a group of friends sharing some time together. We hope you'll be one of them!!! Contact Barb Black at dbblk@aol.com with any questions.

A Note to the HUMC Congregation

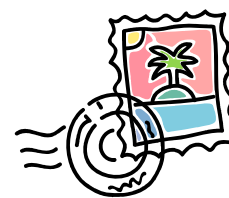
Dear Friends,

Included in this newsletter is an article about bipolar disorder. You will remember that Pastor David Manner has sent us a letter describing his current illness as bipolar. Some of you have asked me about this disorder and I have ‘done some research’ and included in this month’s newsletter what I hope will be an informative article.

Please remember that I am neither a psychiatric nurse nor an expert on this disease. I have used several psychiatric nurse friends as resources, but have primarily written this article based on information on the NAMI website. You may want to visit this web site to obtain more information on this and other mental health issues. www.nami.org

*"Dear Friend, I pray that you may enjoy good health and that all may go well with you, even as your **soul** is getting along well." 3 John 2*

Blessings,
Levenia Kibler
Faith Community Nurse, HUMC



Cards, Stamps & Stickers Needed

As many of you know, the Morning Glory Circle's Mission is sending out monthly cards to around 60 people each month. We've had a pretty busy year so far and are asking that if you have any extra cards, stamps, and stickers that are looking for a good home, we'd love to have them! We do not need any Christmas cards at this time, but especially need "Thinking of You" cards. Please leave any donations for us in our Morning Glory basket on the kiosk in the Narthex. And, if at any time you know of someone who would like to receive a one-time card, or monthly cards, please contact Barb Black at dbblk@aol.com. Thank you!

Blood Drive

The next HUMC-TPC blood drive will be held Sunday morning, August 24 at Trinity Presbyterian Church. All who are in good health, weigh at least 120 lbs and are 16 years old (lowered from 17 years) are welcome. Please sign up at our kiosk in the narthex or phone Fred Klinefelter at 703/435-0020.





Music News



Musicians: an exciting new program year awaits us!
Please come back after summer break, and bring friends!

Wesley Choir resumes in August to prepare for worship in the Fall!
Please contact Jared for more information:

SATURDAY, August 23rd:
9am – noon: workshop and rehearsal

MONDAY, August 25th, 7-8:30pm

Wednesdays, Beginning September 3rd, 7-8:30pm



Chancel Ringers resumes rehearsing on Mondays, at 7pm,
beginning September 8th

Youth Music Ensembles (Grades 7-12) resume rehearsing
Sundays, beginning September 14th:

Grace Ringers (name corrected): Sunday, 4:30pm

Genesis Choir: Sundays, 5:15pm

Children's Choirs resume rehearsing Wednesdays, at 5:30pm,
beginning September 17th

Cherub Choir (preschool & Kindergarten)

Asbury Choir (1st – 6th grades)



Faith, Fellowship and Football

Do you watch Monday Night Football? Are you interested in a chance to read a good “guy” book and discuss it with others? If yes, we have the group for you! We plan to start a Monday night book group that will combine a book study and football. Join the group for an hour of talk and fellowship and then a chance to watch the game. Contact Cheryl if you have questions or would like to recommend a book. If you are interested in attending, there is a sign up sheet on the table in the narthex. Also, please indicate if you would be interested in hosting one week in your home.



Youth Opportunity

Ok. High School is starting soon. You need community service hours to graduate.

If you are an Honors Student, you may need additional community service hours.

What do you do? HUMC has an opportunity for you!

Youth volunteers are needed to help with **childcare** in our **English as a Second Language (ESL) Program**.

Earn up to 20 community service hours and receive a letter of recommendation.

You would be assisting a trained childcare worker.

Snacks and supplies provided. Foreign language not required. Guys welcome!

Thursday nights, (7 pm – 9 pm)

Dates: Sept. 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6, 13, and 20

Location: Trinity Presbyterian Church, 651 Dranesville Road

Activities include: Playing on the Outdoor Swing Sets, Reading, Coloring, Arts and Crafts, Video Games, Christian Movies, Playing with Educational Toys, Indoor Games

Can't help all those nights? No Problem. ANY NIGHTS YOU CAN HELP WILL BE APPRECIATED.

Please note: We can take up to 2 youth volunteers per night to help with childcare.

Sign up now by contacting Pat Simons, Herndon ESL Coordinator (703) 481-5361, pat.simons@att.net. Leave the evenings you would like to work and a phone number, please.





For Your Health

By Levenia Kibler, RN, Faith Community Nurse

*“Come to me, all of you who are tired and have heavy loads and I will give you rest.”
Matthew 11:28 NCV*

Bipolar Disorder

Bipolar disorder, or manic depression, is a *medical illness* that causes extreme shifts in mood, energy, and functioning. These changes may be subtle or dramatic and typically vary greatly over the course of a person’s life as well as among individuals. Over 10 million people in America have bipolar disorder, and the illness affects men and women equally. Bipolar disorder is a chronic and generally life-long condition with *recurring episodes of mania and depression* that can last from days to months that often begin in adolescence or early adulthood, and occasionally even in children. Most people generally require some sort of lifelong treatment. While medication is one key element in successful treatment of bipolar disorder, psychotherapy, support, and education about the illness are also essential components of the treatment process.

Mania is the word used to describe one of the phases of Bipolar Disorder. The symptoms vary from person to person, but can include an “elated, happy mood” or an irritable, angry, unpleasant mood with increased physical and mental activity and energy. There can be racing thoughts and flight of ideas (jumping quickly to unrelated topics in a conversation) with increased talking, risk taking, grandiose plans; there may be impulsive activity such as spending sprees and also decreased sleep without experiencing fatigue.

Depression is the other phase of bipolar disorder. The symptoms may include prolonged sadness, decreased activity and energy, restlessness and irritability; there may also be an inability to concentrate or make decisions, with increased feelings of worry and anxiety. One may have less interest or participation in, and less enjoyment of activities normally enjoyed; there sometimes are feelings of guilt and hopelessness and perhaps thoughts of suicide. Changes in appetite (eating more or less) and changes in sleep patterns (sleeping more or less) may also occur.





The exact cause of bipolar disorder is not known. Most scientists believe that it is likely caused by multiple factors that interact with each other to produce a *chemical imbalance affecting certain parts of the brain*. It should be emphasized that this is an illness, not a weakness of personality. These are some of the possible causes of this illness: it may run in families with an underlying genetic or biological vulnerability; there may be other possible ‘triggers’ of the episodes; the treatment of depression with an antidepressant medication may trigger a switch into mania, sleep deprivation may trigger mania, or hypothyroidism may produce depression or mood instability. *It is important to note that bipolar episodes can and often do occur without any obvious trigger.*

Treatment consists of medication (an essential element) and psychotherapy. Other therapies such as family therapy, cognitive-behavioral therapy, interpersonal therapy and psycho education may be used. Changes in medication or doses may be necessary, as well as changes in treatment plans during different stages of the illness. There are several medications that may be tried to treat the mania and other different medications used to treat the bipolar depression. In addition, there are medications used to prevent or delay the recurrence of symptoms and sometimes antipsychotic or mood stabilizers may be used also. As with all medications there are side effects that may run from mild to moderate inconvenience to a severe reaction causing medication ‘changes’ or ‘tweaking’ before the right medication regimen is found. Frequently, a combination of two or more medications is used, especially during severe episodes of acute mania or depression.

While there is no cure for bipolar disorder, the good news is that it is a treatable and manageable illness; especially today when there are so many medications available that allow one to lead a normal life. (1)

(1) The information for this article was compiled from an article located on the NAMI (National Alliance on Mental Illness) web site at www.nami.org.



 **Silver or gold**
I do not have,
but what I have 
I **give** you. In the name
 of **Jesus Christ** of
 Nazareth, **WALK.**
Acts 3:6

Did you know that walking is mentioned 247 times in the bible? Our bodies were made for walking. Regular walking can relieve back pain and strengthen muscles, bones and joints. It can prevent depression, lengthen lifespan, lower stress levels, and improve sleep. Prayer does many of the same things.

This fall, Congregational Care/Prayer Ministry will offer a chance to exercise the body, the spirit and the mind in a 3-month journey, “The Walk to Bethlehem”. Watch for more information in the weeks to come. (Something to ponder—how many miles is it from Washington, DC to Bethlehem, Israel?)



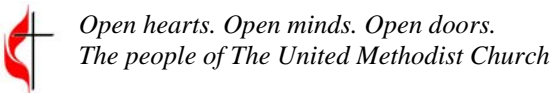
2nd Annual Herndon United Methodist Church Drive for Missions Golf Tournament

**Monday, Sept. 29, 2008
9 am**

PRICE INCLUDES

- ◆ 18 Holes of Golf
- ◆ Chick-fil-A Breakfast sandwich, Chick-fil-A Sterling
- ◆ Bar-b-que Lunch, JJ's Deli
- ◆ Practice time w/ unlimited range balls
- ◆ Goodie bag

- Where:** Herndon Centennial Golf Course
909 Ferndale Avenue, Herndon
- Time:** 8 am Check-in, Range open
9 am Shotgun start
- Format:** Captain's Choice Scramble
- Cost:** \$100 before September 10th, \$125 after
Per team member
- Benefit:** **Volunteers in Missions (VIM)**
Our VIM teams will work in Alaska, Florida,
Louisiana, Virginia, Brazil, Guatemala, and Haiti



YES! Enter me (our team) in the 2nd Annual
Drive for Missions Golf Tournament



- ◆ Closest to Pin
- ◆ Longest Drive
- ◆ Prizes for Winners
- ◆ Door Prizes

Player	Phone #	Email Address
1.		
2.		
3.		
4.		

Please make checks payable to **HUMC-Golf** and mail to—
HUMC Golf Tournament, 701 Bennett St, Herndon, VA 20170 (Cost is \$100 before 9/10 or \$125 after 9/10)
Additional Donations welcomed and appreciated and will fully benefit our VIM Teams.

Net Proceeds Benefit Volunteers in Mission Projects

Questions? Contact Lisa Lombardozzi (703.973.4444 or LisaLombo@signaturecos.com)



Herndon United Methodist Church

701 Bennett Street, Herndon, Virginia 20170-3105
Phone: 703-471-0627 Fax: 703-471-7758 Website: www.HerndonUMC.org

GOLF TOURNAMENT DONATION LEVELS

BEVERAGE CART SPONSOR (\$500)

Your company name will be prominently displayed on our beverage cart.

Includes 2 player entry fees (value \$200)

CONTEST SPONSOR (\$500)

There will be a Longest Drive contest and a Closest to the Pin contest. Your company name will be displayed at the tee.

Opportunity to set-up table/tent advertising your business.

SNACK SPONSOR (\$250)

Golfers get hungry after many hours on the course. You have the opportunity to provide a packaged snack with your company logo (and any other information) prominently displayed. For an additional \$250 we can provide the snacks and the bag for you!

PRACTICE AREA SPONSOR (\$250)

Meet and greet our participants at your own display as they practice and get ready for the tournament.

Your company name will be displayed.

PHOTO SPONSOR (\$250)

Your business name will be prominently displayed in every photo taken of the golf foursomes.

HOLE SPONSOR (\$150)

Your company name will be displayed either on the tee.

Donor: _____

(Name as it will appear in program)

Address: _____

Phone: _____ Email Address _____

Contact Name: _____ Website _____

Signature: _____ Date: _____

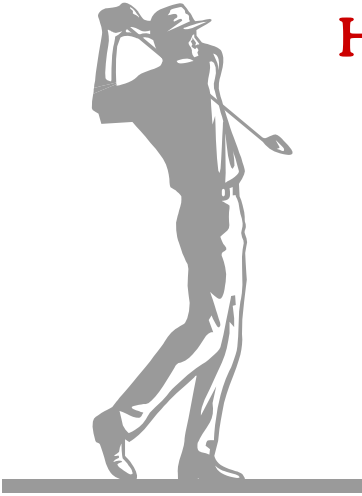
Please mail this contract and any donation/certificates to:

HUMC Golf Tournament

701 Bennett St., Herndon, VA 20170-3105

(Please call us to make arrangements to pick-up donations if necessary)

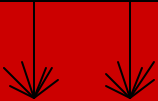
All donations are fully tax-deductible.



2nd Annual Herndon United Methodist Church Drive for Missions Golf Tournament

Monday, Sept. 29, 2008
9 am

In memory of
Elizabeth
Laxson



SPONSOR A HOLE IN MEMORY OF A LOVED ONE or IN HONOR OF SOMEONE SPECIAL

- ◆ Cost is just \$150 and 100% will benefit **Volunteers in Mission (VIM)**
- ◆ Great way to help VIM and honor/memorialize a special person
- ◆ SIGN UPTODAY!! (all sponsorships must be received by Sept. 15th)

Name of Donor _____

Info for Sign (include name of individual(s) and any other info you want included. We will contact you if space is a problem) _____

Donor's Phone # _____ Donor's Email _____

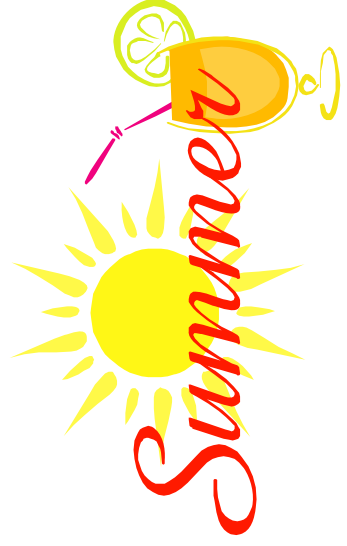
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HUMC Golf Tournament, 701 Bennett St, Herndon, VA 20170 (Cost is \$150 for each hole sponsored)
Additional Donations welcomed and appreciated and will fully benefit our VIM Teams.

Net Proceeds Benefit Volunteers in Mission Projects

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AUGUST 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	7:00 PM Women's Summer Book Group 7:30 PM Men's Basketball	6:45 PM GS 515 Service Unit 7:00 PM BSA 157 Meetings 7:00 PM Stephen Ministries - Tuesday		6:30 PM Prayer Ministries 7:00 PM History Trustees		5:30 PM Relax & Re-new -- Casual Worship
24	25	26	27	28	29	30
7:30 AM Blood Drive	7:30 PM Men's Basketball	7:00 PM BSA 157 Meetings 7:00 PM Council Stephen Ministries III	7:00 PM Wesley Choir			5:30 PM Relax & Re-new -- Casual Worship
31	1	2	3	4	5	6
	7:30 PM Men's Basketball		6:00 PM Wolf Den Pack 157 6:30 PM Girl Scout Leader Service Unit 7:00 PM Wesley Choir	6:45 AM Morning Glory Circle 12:00 PM Top of the Hill Gang - Luncheon 7:00 PM Finance Committee		7:30 AM UMM Breakfast 5:30 PM Relax & Re-new -- Casual Worship



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
Justin White Associate Pastor & Youth Pastor
Jared Daugherty Minister of Music
Anne Harrison Director of Program Ministries
Sarah Hooke Organist
Deborah Burt Director of Preschool
Cheryl Brock Director of Congregational Life
Eleanor Fisher Office Assistant
Church Website <http://www.herndonumc.org>
Prayer Chain prayerchain@herndonumc.org

***Sign up to
play in our
2nd Annual
Drive for
Missions!***



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

Address Service Requested



*September Newsletter Deadline—August 20th
You can e-mail your articles to: LisaLombo@signaturecos.com*