



CALLER Hughes

Vol. 60, No. 7 September 2009

News Briefs

Confirmation Class 2010.

Confirmation is a major decision point and joyous time in the life of a young Christian. Revs. Janet and Ken are working on plans to make the 2010 confirmation class Spirit-filled and meaningful for students, mentors, parents and teachers. Class is open to all youth in the 6th Grade and above who have not yet committed their lives to being a disciple of Jesus. An introductory session for youth and parents will be held on Sunday, November 15 following the 10:30 a.m. worship service. A pizza lunch will be provided. Please contact Rev. Habersham or Rev. Hawes for further details and to indicate your desire to participate.

Fun and Fellowship will host a "Movie Morning" at 10 a.m., Thursday, September 17, in the Parlor with a showing of "The Notebook". The movie is based on the best-selling novel by Nicholas Sparks, "The Notebook" is at once heartwarming and heartbreaking and will capture you in its sweeping and emotional force. Bring a lunch for after the movie.

Communion Hand Washing. Please note that the pastor and communion servers are

Health Care For All

Jesus says to the woman healed of the issue of blood, "Daughter, your faith has made you well; go in peace and be healed of your disease." Not long after this encounter, Jesus speaks to a young girl who has died, "Little girl, get up!" Then, he travels to Nazareth, is rejected there, but is able to "lay hands on a few sick people and cure them." After he leaves Nazareth, Jesus sends the twelve disciples out to do ministry, the same ministry of teaching, calling to repentance and healing which he has begun and demonstrated in their midst.

Jesus was recognized as a healer and as his followers, we are called to be agents of healing. Physical, mental and emotional health is part of the shalom God intends for all people. Our nation is currently embroiled in a debate over our health care system. As disciples of Christ, the Great Physician, we have an obligation to be engaged in the conversation and work for a just system of health care.

The United Methodist Church is very clear in its support for health care for all. Our Social Principles state: "Providing the health care needed to maintain health, prevent disease, and restore health after injury or illness is a responsibility each person owes others and government owes to all, a responsibility government ignores at its own peril. In Ezekiel 34:4a, God points out the failures of the leadership of Israel to care for the weak: 'You have not strengthened the weak, you have not healed the sick, you have not bound up the injured.' As a result all suffer.... We believe it is a governmental responsibility to provide all citizens with health care. (The Book of Discipline, ¶162)"

Currently 46 million people in the United States do not have health insurance. This is approximately equivalent to the combined populations of California, West Virginia, Nebraska, Idaho, Maine, New Hampshire, Hawaii and Rhode Island! According to NPR, contrary to popular belief, most of these uninsured persons are employed, but their employers



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Friendship Circle: Sept. 1 @ noon, in the Home of Helen Wilson. Bring a sandwich.

Loyalty Circle: Sept. 2 @ 7:30 p.m. in the Parlor. Betty Sobers is Hostess

General Meeting: Sept. 16 @ 9:30 a.m. in the Parlor. Program by Liz Brigham; Loyalty Circle is Hostess.

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KEEP THESE DATES ON YOUR CALENDAR -

October 10, 2009: Greater Washington District - Annual Meeting at Colesville United Methodist Church

October 24, 2009: Rummage Sale 9 a.m. to 2 p.m. We need lots of help so please put this on calendar and volunteer to help.

Christian Education Corner

It seems like only yesterday we were preparing for summer activities and now we are embarking on another school year. With that great news, it is time for a new Christian Education year and it is shaping up to be fantastic. A challenging and intriguing curriculum has been selected for the Mid/Sr. High classes. And the younger grades will continue to grow with a familiar program. There are some exciting small group studies on the horizon. If there isn't a study time or location that meets your needs, speak up and let the committee know. There are suggestion slips and a box located just outside the Education office. Another Quiet Day is planned for November before the rush of the Holiday season, just in time to help us maintain focus.

New to this year's schedule is a Scholarship Fair. In these current times loaded with financial hardship, the CE committee is providing outreach to the community by helping parents and young people secure financial support for furthering their education. This effort requires

some additional help and the committee is looking for people interested in bringing this service to Hughes. If you are willing to provide any service, great or small, to bringing the Scholarship Fair to fruition, please contact Janet Habersham or leave a message with the church office.



The Duquesne University School of Nursing is doing research on parish nursing. I have recently completed a survey for them and now they would like to have parishoners complete a survey. In order to be sure that I as a parish nurse do not "hand pick" people to complete the survey, they would like a list of names and addresses to mail the survey. If you are interested in doing a brief survey (about 20 minutes), please let me know by the end of September so I can submit your name. You will receive the survey in the mail with a stamped envelope to return it directly to the researcher in Pittsburgh.

Carol Whitney, Parish Nurse

Mary Jane Harns wrote:
One day I happened to remark - just in passing indeed that I often wondered when the dandelion became a weed. Its yellow flower always seemed to me a pretty sight And I always thought it was fun when it turned white to blow it away - now to my delight especially for my belly - an angel friend made me some dandelion jelly!

I love it and eat some every day So the best thing I can do is to say Thank you thank you thank you for indeed You've proved to me it is more than a weed! Unfortunately being eighty-eight has dulled my memory And I can't recall my angel's name (please forgive me).

HUGHES FAMILY WEDDINGS

September 4

Renee Elizabeth Metzler to Jason Seth Meyers (son of Jill Glixon and John Meyers)

DEATHS

July 10

Bill Grubb (former member)

July 15

Ramona Lee Dixon (mother of Doug Dixon)

August 13

Evelyn Sanders (mother of Gail Broadhurst)

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do not offer the benefit or the individuals simply cannot afford to participate. Whatever else is included in the health care bill before congress, everyone must be covered. It is a matter of justice.

Even though the majority of Americans do have health insurance, the coverage of many people is inadequate. While our policy may look good on paper, we do not know the true quality of our coverage until we need to use it. Here are two contrasting cases from my family: As you know, my sister-in-law has had a year long bout with cancer. After chemotherapy, radiation treatments, 2 surgeries and follow-up care, her insurance questioned and refused to cover only one bill for several hundred dollars. Thanks be to God, Callie is well on the road to recovery and being cancer-free! On the other hand, my mother has been an insulin-dependent, extremely brittle diabetic since she was a teenager. Several years ago, her doctor prescribed an insulin pump for her which she had to fight for nearly a year before the insurance company agreed to pay for it. Last year, her physician prescribed a new pump with constant glucose monitoring which would greatly enhance my mother's quality of life by keeping her blood sugar levels more even. Even with a detailed explanation and strongly worded statement of need from her doctor, the insurance company has to date refused to cover the new, improved device. Thanks be God, my mother is amazingly healthy in spite of 50 years of unsafe and frightening blood sugar swings. So, how good is your insurance

and my insurance? I pray we never really have to find out.

Cries of "socialized medicine," comparing President Obama to Hitler, along with outright lies about the contents of the bill (There are not, never have been, and never will be government sanctioned death panels!) do nothing to enhance the dialogue. They are despicable scare tactics aimed at maintaining the status quo. It is time for change and time for people of faith to stand up and clearly state God's will, as best we understand it. I believe Jesus' healings in body, mind and spirit demonstrate that our God of justice and mercy supports health care for all people. But I am not sure God endorses one particular plan over another, as long as the goal of equitable and adequate universal coverage is achieved. So, as people of faith, let us learn as much as we can about the health care situation in this country, read the bill, engage in honest dialogue with our friends and neighbors, go to a town hall meeting, contact our Representatives and Senators, strongly and unequivocally reject the misinformation, name calling and finger pointing, and determine the best pathway forward as we seek to live into the Christian obligation to be healers and God's vision of shalom.

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now washing their hands prior to distributing the bread and cup during our communion celebrations. Liturgically, washing our hands symbolizes coming before God in humility to be cleansed of sin, preparing our hearts and souls in order that we may serve you. Practically, washing our hands is an act of basic hygiene prior to handling the bread and cup. We do this to honor God, practice basic hospitality and in recognition of the concern over H1N1 flu.

Honoring the Life of Rev. Harold Lanman.

Since his passing in December 2008, residents at Asbury Methodist Village have sought a way to memorialize the immeasurable contributions of their neighbor, Rev. Harold Lanman. In honor of all he meant to the Asbury family, the parlor in the Trott apartment building where he lived will be dedicated as the "Lanman Parlor" at 10 .m., October 9, 2009.

The Asbury Foundation invites Hughes to join residents and family for the naming ceremony at in the parlor. Fellowship and light refreshments will follow in Parker Hall. To confirm your attendance, and for directions to the parlor, please call 301-216-4050.

An Invitation from the Committee on Lay Leadership.

At the core of any church community is its mission and ministry for Jesus Christ. Staff, lay team members and administrative committees exist to enact the vision and support the ministry of the church. The primary Ministry

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Groups at Hughes are:

Health and Welfare: Plans activities and ministries which nurture and care for church members and the community at large. (Faith-based Nursing, Blood Drive, Meals on Wheels, Health Fair Screening, Shepherd's Table, Funeral Meals).

Outreach: Distribute and administer Faith Promise missions monies to local, national, and international missionaries and outreach ministries. Plan evangelistic and witness ministries such as National Day of Prayer, Bible reading at the Capitol, Banana Bread Ministry, Van Metre Award.

Worship: Work with the pastor to arrange the details of worship experiences, offer feedback to the pastor regarding worship (Flowers, Ushers, Acolytes, Communion, Music, decorations), share ideas for spiritually vital worship experiences and plan special worship related events such as the Old Fashioned Hymn Sing.

Christian Education: Work with the Christian Education director to plan and implement a comprehensive education program for Christians of all ages. (Sunday School for all ages, Small Groups, Quiet Day, Youth Fellowship).

All of our Ministry Groups currently meet the third Monday of most months to plan specific events.

If you feel God's Spirit nudging you to share your gifts and talents in one of these areas, please contact Pastor Ken or any member of the Committee on Lay Leadership (aka Nominations).

"O For a Thousand Tongues to Sing" Circle the November 1 on your calendar for a delightful afternoon of fun and fellowship. The Worship Committee is sponsoring an Old-Fashioned Hymn Sing on Sunday afternoon at 4 p.m. (and yes, it falls on a Redskins bye-week). Everyone is invited to come and join us as we celebrate our faith in a program of songs. Light refreshments will be served after the program. If transportation is a problem, please contact the church office so that arrangements can be made.

2009 UMW Scholarship Recipients. On August 16, 2009, the UMW awarded three \$250.00 scholarships to Uday Gudipally, Emily Hoage, and Pattie Romaine. The scholarships were based on service to HUMC, outside activities, and educational plans. The funds for these scholarships came from the profit from the sale of Giant and Sniders gift cards. Again, congratulations to Uday, Emily, and Pattie.

All who participate in the gift card program contributed to these scholarships. At present only about 12 to 15 families purchase gift cards regularly. The cards are available in \$10, \$20, \$50 and \$100 amounts, and the

UMW receives \$5 for every \$100 in sales. Over the years UMW has contributed proceeds to the church in various ways, including the Steeple Fund, the HUMC Operating Budget, renovation of the Parlor Kitchen, and church-wide financial campaigns. Increased church participation could expand the scholarship program. This is a convenient way to donate to Hughes each time you shop for groceries. The cards are available for purchase in the

church library on Sunday mornings between worship services.

Safeway eScrip Program. It is time to renew your Safeway Card numbers in the eScrip Program. You should be receiving an eScrip Magazine in the mail. Inside of the Magazine is a Post Card to be mailed back or give it to Liz Brigham. Show your card at the check out counter and Hughes Church receives up to 2% of all purchases. Through September 15th, Safeway will give 10% for purchases of items designated with a little Yellow School Bus Sale Sign. Last year UMW received over \$600.00 which it used to help support Camp Hope and Children's ministries. See or call Liz for more information.

Fall Rummage Sale will be October 24. The UMW needs gently used or new jewelry for our jewelry kiosk. Bring your donations to the church office Monday thru Thursday, between 9 a.m. and 3 p.m., or contact Alyce Amussen.

Outreach Ministry Group Event. Ms. Sue Porter, a UMC General Board of Global Ministries missionary, will speak at the on Sept. 21st Monday Night dinner. Ms. Porter is supported by Hughes both prayerfully (on the "Hughes Altar of Prayer" Missionary listing) and financially (through the Faith Promise missions support fund). She will discuss her mission and take questions.

America Is Aging: Better Living Through Chemistry

By Ken Whitney, Clinical Pharmacist

For many years the parish nurses at Hughes UMC have offered to the congregation blood pressure screening. This is because one third of the population of North America has hypertension (high blood pressure), which is a leading cause of many illnesses. This column is concerned with the first line intervention for people with prehypertension and hypertension: sodium restriction.

Many people who have prehypertension or who are being treated for hypertension are still consuming more than twice the recommended amount of sodium daily. Besides actually lowering blood pressure, reducing sodium intake can be beneficial for people whose hypertension is being treated with medication. Excessive dietary sodium can blunt the blood pressure-lowering effect of most antihypertensive medications. This is particularly true for people who are "salt sensitive": those whose blood pressure is especially responsive to their sodium intake. People who are "salt sensitive" most often include those with chronic kidney disease, or who are obese, middle aged, elderly, African American, or have diabetes.

Complicating the picture is a diet which not only is high in sodium, but low in potassium. Eating a diet low in potassium can cause sodium retention and a subsequent increase in blood pressure. An increase in dietary potassium can actually reduce sodium sensitivity in people with normal or high blood pressure. People with kidney

disease or who take medication which can increase potassium levels should be cautious about increasing dietary potassium.

So, how much sodium is too much, and how can I avoid excessive sodium in my diet? Avoiding the



salt shaker is not enough, because around 80% of dietary sodium comes from processed, prepared, and restaurant foods. The average adult consumes around 3500 mg of sodium daily (this is about one teaspoonful of salt). Experts recommend healthy adults consume no more than 2300 mg, and that is reduced to 1500 mg in people who have hypertension or are middle aged, elderly, or African American.

The first strategy in lowering our salt consumption is to do it gradually, making it easier to get accustomed to the taste of foods with less salt added to them. Beyond that, we must learn which foods are healthy, and which to avoid.

Restaurant meals may contain more than four times the recommended daily intake of sodium. Inquiring at our favorite restaurants about low sodium menu items is a good idea. Avoiding processed and prepared foods we consume at home is important, because they are very rich in sodium. If we consume processed foods, we should purchase those which are labeled as low in sodium. We should also learn to read labels on cans and packages for sodium content. Remember, low salt foods for a healthy individual may still have too much salt for people with hypertension. Also, learning to cook healthy is important. Eating fresh fruits, vegetables, low-fat dairy, whole grains, poultry, and fish, and preparing them with herbs, spices, and salt-free seasonings will lower sodium consumption.

Wouldn't it be great if one could avoid taking blood pressure medication, or could curtail the amount of medication one takes, reducing the monthly cost of treating hypertension? If you would like a handout with helpful hints about reducing sodium consumption, please see or contact our Parish Nurse, Carol Whitney.

Hughes Community Funfest

Saturday, September 26, 2009

11 am to 3 pm

Is Funfest just about having fun? Or is it more about Christian hospitality with our neighbors? Throw in some Outreach and Evangelism (Going outside our walls to show Christ's love), sprinkle in children's Vacation Bible School activities and you have a real good mix for fellowship, fun and learning. Of course, the food, moon bounce, dunk tank, and entertainment round out the fellowship. Most importantly, will our guests get a glimpse of God through our interactions with them?



This is a church wide event designed to open our church doors to the community we live in. We hope all who are able will participate in some way and invite your family (don't forget the grandchildren) neighbors and friends to join us for the Community Funfest. Flyers will be available for distribution. Personal invitations are always the best.

Food Collection -- we will collect non perishable food items for The Children's Inn at NIH. The Inn is a caring place to be; a place to relax with other families who are undergoing medical treatment. For the children who are treated at NIH, quality of life is very important. Often families arrive late at night after the grocery run and do not

have food for dinner or breakfast, or may not have sufficient funds to purchase food. We will be collecting non-perishable food items at Sunday services during September as well as at Funfest. There will be a box in the Narthex for such items, as: Canned vegetables and fruits, soups; individual boxes of cereal; jelly (any flavor) and peanut butter; individual serving-size containers of applesauce, puddings, jello; long life reduced fat milk; cup of noodles; juice boxes; pasta and sauces, baby food and formula.

Sunday School Program --The Sunday school program at Funfest will focus on Serving the Community. The story time will be about Zacchaeus meeting Jesus and deciding to give to his community. (Luke 19:1-10). Following this theme, the children will be making crafts for themselves and also the kids at NIH Children's Inn.

Thoughtful Treasures Program -- Under this program, each child staying at The Inn receives a special mailbox treasure each day from the generosity of our donor community. As well as lifting spirits, these items create a wonderful surprise that the children look forward to receiving each day! Thoughtful Treasures are meant to be very simple crafts such as small toys, beanie babies, small stuffed animals, or anything that can fit into a small mailbox measuring 5" x 5" x 15" depth. There will be a box in the Narthex to put in your Thoughtful Treasures.

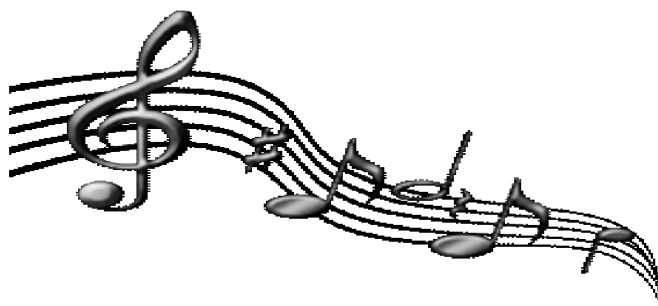
Pie Tasting -- Pies are needed for this popular event. Call Eloise Woods 301-649-1887 to volunteer to make a pie or sign up between services.

Help will be needed from anyone who can give us a few hours on the day of Funfest. Contact Marie Muller (301-681-7812), our Volunteer Organizer, to help. The more hands we have, the more fun for everyone. Marie will be available between services with sign-up sheets in the garden entrance.

If you have any questions, please call or email one of the co-chairs below.

Co-Chairs: Frances Badman (301-946-0228) FranBadman@aol.com

Linda French (301-989-8853) Linda.French@wap.org



Hughes United Methodist Church Choirs 2009-2010 Schedules

Dr. Van Knauss, Organist
Marie J. Bunting, Director of Music

“Praise Him with song...”

Singing Choirs

Wesley Choir: Meets Monday evenings from 6:30 – 7 p.m. in the Choir Room for grades 3 – 8. Director: Louise Hill.

KICK (Kids in Christ’s Kingdom) Choir: Meets Monday evenings from 6:30 – 7 p.m. in the Sanctuary for grades 9 – 12. Director: Marie J. Bunting.

Chancel Choir: Meets Thursday evenings at 7:30 p.m. in the Choir Room for adults. Director: Marie Bunting; Accompanist: Julie Sampson.

Bell Choirs

Wesley: Meets Monday evenings from 6 – 6:30 p.m. in the Sanctuary for grades 3 – 8. Director: Sharon Skinner.

Chapel: Meets Monday evenings from 5:30 – 6 p.m. in the Sanctuary for grades 9 – 12. Director: Sharon Skinner.

Chancel: Meets Thursday evenings from 6:15 p.m. – 7:15 p.m. in the Sanctuary for adults. Director: Marie Bunting.

Instruments

Meets Monday evenings from 7 – 7:30 p.m. in the Choir Room. Director: Louise Hill.

NOTE:

Wesley, KICK, and Chapel Bell Choirs will meet in the Sanctuary on September 14th for an organization meeting and will begin regular rehearsals on September 21st. Chancel Choirs will begin September 10th.

A Chance to Serve

Beginning September 30th, Hughes will once again sponsor language classes for our non-English-speaking neighbors. If you can give 2-3 hours each Wednesday evening for 7 weeks and if you speak English, you can help. You will work with a dedicated group of experienced tutors and with a small group of hard-working, non-English-speaking students and use an easy-to-understand curriculum based on teaching life-skills such as shopping, check writing and health care. If you prefer not to teach, but would be willing to offer childcare in the Hughes nursery one or more Wednesdays, you too are needed. For more information

or to volunteer contact Linda French, linda.french@wap.org, 301-989-8853 or Emma Wilson, emma.wilson@montgomerycollege.edu, (301) 949-4264.

Monday Night Dinners on Plate

Monday Night Dinners resume Monday, September 14. Dinner service is from 5 p.m. to 7 p.m., The price remains \$3 per person, cheaper than most fast food and a bargain for the quality. All meals include entree, vegetable, starch (potato, pasta), dessert and beverage. Look for the weekly menu in the Bulletin or the web site's calendar. Proceeds will continue to benefit the Hughes music ministry, this year for the refurbishment of the organ. Come join the fellowship and enjoy a good meal. Contact Jill Glixon for more information.

From the Editor:

Don't miss out on the color graphics, and additional photos of the electronic *Caller*. Subscribe by simply sending an email to theripleys@mac.com.

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Coffee at The Crossroads Survey

Circle Your Answers

Do you want "Coffee at The Crossroads" to be offered after the summer? Y N

What day(s) would you be most likely to attend? M Tu W Th F Sat Sun

Choose start time for a Monday through Thursday evening: 6:30 7:00 7:30 Other _____

Choose start time for a Friday evening: 6:30 7:00 7:30 7:45 8:00 Other _____

Choose start time for a Saturday evening: 5:00 5:30 6:00 6:30 7:00 7:30 8:00 Other _____

Choose start time for a Sunday evening: 5:00 5:30 6:00 6:30 7:00 7:30 8:00 Other _____

How often should the service be offered? Once/month Twice/month

Check All that Apply

Which elements would you like to see included?

Communion Praises Music Traditional Hymns Video Clips

Prayer Station Worship Stations Personal Stories/Sharing

Variety of Live Music Occasional "special" nights (games, movies, etc.)

Dessert/Snack food choices Occasional meals New Activities _____

Did you attend any summer "Coffee at The Crossroads"? If so, how many? _____

If not, what would encourage you to attend in the future? Feel free to use the back for any comments or suggestions.

Please Return to Church Office by Sept. 6

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Sunday services: 9 a.m. Contemporary Service and Adult Bible Study; 10:30 a.m. Traditional Service; 12:30 p.m. Spanish Service; 9:45 a.m. Fellowship in the Social Hall; 10:30 a.m. Nursery/Sunday School.		1 12 pm Friendship Cir. 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball	2 7:30 pm Loyalty Cir. (Parlor)	3	4	5
6 (See Insert above)	7 Holiday (Office Closed)	8 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 SALT 7:30 Adult Basketball	9 9 am Board of Child Care (Parlor) 10 am Prayer Shawl Ministry (Conf. Rm) 7:30 pm Staff Parish	10 6:15 pm Chancel Bell Practice (Sanctuary) 7:30 pm Chancel Choir Practice	11	12
13 (See Insert above)	14 2 pm Blood Drive (Atonement Church) 5-7 Monday Night Dinner begins 6 Youth Choirs	15 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball 6-9 Evergreen Back-to-school night	16 9:30 am UMW Gen. Meeting (Parlor) 7 pm Life Skills reg. 7:30 pm Funfest Mtg.	17 6:15 pm Chancel Bell Practice (Sanctuary) 7:30 pm Chancel Choir Practice	18	19
20 (See Insert above)	21 5-7 Monday Night Dinner 6-7:30 Youth Choirs 7:30 Ministry Groups	22 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 SALT 7:30 Adult Basketball	23 10 am Prayer Shawl Ministry (Parlor) 7:30 pm Finance Com 7 pm Life Skills reg.	24 6:15 pm Chancel Bell Practice (Sanctuary) 7:30 pm Chancel Choir Practice	25	26 11 am – 3 pm FUNFEST 11 am Life Skills reg.
27 (See Insert above)	28 5-7 Monday Night Din. 6-7:30 Youth Choirs 7 Life Skills Training	29 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball	30 7 pm Life Skills Classes begin	Upcoming dates to remember: October 17: 10 a.m. Hughes UMC Charge Conference October 24: Rummage Sale		2009