



# CALLER Hughes

Vol. 61, No. 1 February 2010

## News Briefs

**Shrove Tuesday.** The annual Pancake Dinner will take place 5-7 p.m., Monday, February 15. Call Church Office for Reservations by February 8. All proceeds will be donated to UMCOR for Haitian relief. Also, Pastor Ken will give a message on the origins of Shrove Tuesday.

**Asbury Guild.** February is membership month. Guild Membership is \$3. Guild funds have contributed greatly to the Benevolent Fund and also provided extra services for patients at the Health Care Facility. Membership in the Guild is just one of the many projects that Hughes performs for Asbury, according to Bobbie White. The members Hughes UMW, thank you for helping us in this ministry for senior citizens. Look for the Guild Membership envelop on Sunday, February 14.

### HUGHES FAMILY

#### BIRTHS

January 11

**Margaret Kathryn Heatwole (Parents, Kristine and Scott Heatwole; grandparents, Bill and Kathy Sampson; Julie Sampson, aunt).**

#### DEATHS

**Charles Pyatt (December 11)  
Hallie Rowzee (December 26)**

## Spread the Good News!

*"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And remember, I am with you always to the end of the age." (Matthew 28:19-20, NRSV)*

**S**preading the message of God's love and grace and inviting other people to follow Christ is a commandment that comes directly from Jesus. Our task for this year and beyond is to share the Good News in such a compelling way, that others commit to being disciples of Christ and hopefully join our community of faith. Our desire to grow is not based on wanting more people in the pews, additional volunteers for programs and ministries, or greater income for the budget, but on our belief that following Jesus is the way to know God, best live this life, and experience new and everlasting life.



As we consider the communities in which we live and the neighborhood around the church, demographic studies show that approximately 1/3 of the people have no faith affiliation. These studies define faith affiliation in broad terms. In other words, 33% of our neighbors do not consider themselves connected to any faith organization: Christian, Jewish, Moslem, Buddhist, Hindu, or any other. Additionally, we live in a transient area so there are always new people moving in, searching for a church. In other words, there are a great number of people to reach with the message of grace and we do not even have to "steal" members from another Christian congregation to make growth a reality!

Each ministry and committee of the church is being asked to consider their goals and objectives for the coming year. In preparation we are all considering the question, "how will this ministry/committee help this church to grow spiritually and numerically this year?" Since spreading the love of God is the call of each follower of Christ, perhaps we should take it one step further and each ask ourselves, "how will I deepen my faith and help this church to grow spiritually and numerically this year?"

**See Pastor Message, page 3**

## February

**U**

**General Meeting: Wed., Feb. 17, 9:30 a.m.** Prayer and Self Denial, also Dottie Anderson, Tax Preparer for 42 years, will discuss Getting Things Together For Your Tax Preparer with an emphasis on Contributions.

**M**

**Friendship Circle: Tues., Feb. 2, 11:30 a.m.,** in the Social Hall.

**Loyalty Circle: Wed., Feb. 3, 7:30 p.m.,** in the Parlor.

**W**

**Legislative Seminar: Sat., Feb. 27, 9:30 a.m.,** at Woodside UMC.

**Rummage Sale: Saturday, March 20. Set up March 17 (pot luck dinner), March 18. and 19.**

## Letters

**Vera Offenbacher wrote:** "Thank you for the pin you gave me at the Christmas dinner. It is real nice and appreciated. When I received the pin I did not thank all of you for your efforts on behalf of the jewelry concession at the Bazaar and rummage sales.

"Liz [Brigham] and I did the work at my house, sorting and repairing the jewelry, pricing and getting it ready for sale. All of you helped make it successful by your donation of jewelry, boxes and time helping to set up before the sales, selling during the sale, packing up and helping return it to my basement. My neighbor, Jeff Harris, carted the jewelry in boxes from my house to the church, carried it in and put it on the tables for me. He returned it after the sale to my basement for me. When Jeff couldn't do it, Florine [Olmert] did it and brought three of her friends to help wherever needed. Miriam, Bobby, Betty, Nina and Elanor are a few of our loyal supporters. There were too many through the years to name them all. We couldn't have done it without you. Thanks again."

### **The Montgomery Hospice Bereavement Team wrote:**

"We want you to know how thankful we are for your support and partnership throughout the year. With your help in 2009, we provided support groups and workshops to over 200 grieving people in our community. Their evaluations tell us that the work we do makes a difference in their lives. You provide a setting that is comfortable and safe as people share their stories and learn to cope with their losses. Your generosity and kindness has been especially appreciated in these difficult economic times. Together we are able to provide an important ministry to our community. Through your gift of space we can provide groups in different parts of the county and, we hope, make it easier for people to attend. On behalf of our families and the entire staff of Montgomery Hospice, please accept our thanks and appreciation."

†

### **Steven [Michelle and Francine] Badman wrote:**

"I would like to thank all of you for your great kindness and warm hearts. The

money given to us by the Hughes Members has been a tremendous help since I have no work. The prayer shawls have kept me warm and are a constant reminder to know that people are thinking about me.

I am slowly getting better day by day and am performing physical therapy everyday to ensure a healthy recovery. I hope to return to work in late March. Although I may have to find a whole new career since both my jobs are physically demanding. Knowing that so many people have come together to help my family and I, it is a great feeling. I hope to do the same for others in need. Thank you all so so so much."

**Joan Gartrell wrote:** "I want to thank all the folks who helped to prepare the church for the Christmas season. After January 6th ("twelfth night"), all the decorations are removed. Bows have to be stuffed, wreaths packed away and everything is stored until Advent 2010, when we begin all over again.

Without all the wonderful people who "volunteer" for this operation it could not happen. I want to thank Bob Brigham, Bob Duvall and Dwight French who climbed ladders, carried boxes up and down the stairs and fixed the lights on the trees. To Lucy Wells, Mary Duvall, Velma Murphy, my friend Kathy Richmond, and Pat Lawson. Who unpacked boxes and fluffed garland, wreaths, trees and bows. They all worked hard to make the Church inside and out festive for Christmas. Lamont and Dottie Anderson prepared the Advent wreath for the Advent

**See Letters, page 4**

### **Pastor Message, from page 1**

My prayerful thoughts for growth are centered in three areas: strengthen and support the El Buen Samaritano congregation; re-invite and reinvigorate our inactive members; and, outreach to the community. Our partnership with the conference and Millian church will strengthen our outreach to the Hispanic members of our community and enhance the ministry of El Buen Samaritano. I am working on a plan for reaching out to our inactive members. I hope to present the basic framework at ministry meetings soon. Outreach to the surrounding community needs to include telling the story of God and our church in enticing, inviting and welcoming formats. Contacting people when they are most receptive to spiritual invitations will be key. Denominational studies have shown these times to be the Christmas and Easter seasons, the beginning of the school year

and times of family crises and transitions. A plan which includes advertising, direct mailings, website enhancement, newspaper stories, signage and word of mouth will need to be created, communicated and put into action. The work of the Hospitality Task Force will be vitally important to identifying and implementing ideas for new ministries and outreach opportunities. If you have specific ideas for hospitality, outreach and mission ministries, please forward them to me or another leader of the church.

One reminder: Jesus ends his direction to the disciples, "remember, I will be with you always...." As we do ministry and share in the work of God's kingdom, we are not alone! Christ is with us, offering power, wisdom, strength and the Spirit. Working with Christ, may we invite others to follow Jesus and join their journey of faith with ours.

of Anguilla. This meant that we would not hear her preach. As we passed through the village of the church, Quartier d'Orleans, Rev. Byron rolled down the window of the car and called out to two young women walking by, "Will I see you at church this morning?" One of the women responded, that she was not feeling well. A few yards down the road we passed some young men leaning on a fence, and she commented that those were her "children" and how difficult it was to get young men in the church. Another comment was that they knew she was not preaching today, and that whether or not she was preaching was also a measure of attendance on Sundays.

A challenge faced by the Pastor of Congregations is scheduling services. Two services are held on the first Sunday, two are held on the second Sunday of each month and one is held on another Sunday, and the rotation continues. All of the five churches comprise a congregation of approximately 600 Methodist members on the French side of the island. Today we would visit two of the churches, Tabernacle and Ebenezer Methodist Chapel, Marigot, St. Martin. The other churches were Bethel Methodist, Trinity Methodist and Wesley Methodist.

The morning service at Tabernacle was lead by the Reverend Dr. S.W. Hodge from Anguilla. The church was bright with sunshine, open air windows and wooden open back pews. There were no book racks on the pews. Most of the congregation appeared to have their own hymnals and Bibles. Rev. Byron looked to find visitor's

## **A Special Day in St. Martin With Reverend Bonny Byron**

**By Delores and Walter E. Varner**

The week before we arrived, activities included a movie night featuring clips from the 140th Anniversary, a combined choir concert featuring singers from the various Methodist Churches on the French side of the Island, and an island cultural night with music, traditional dancers and singers.

We were picked up at 10:00 A.M., November 22, 2009 for a 10:30 service at Tabernacle Methodist Church. On the way we learned that Tabernacle was one of five congregations that Reverend Bonny C. Byron was responsible for leading. Her title was Circuit Superintendent and Pastor of St. Martin Congregations. As we left the Dutch side of St. Maarten where our resort was located and entered the French side, St. Martin, Rev. Byron indicated that we would be disappointed as the preacher for the morning service was a former supervising superintendent and pastor of St. Martin congregations. He is now retired and living on the Island

**See Ebenezer, Page 5**

# America Is Aging: Better Living Through Chemistry

By Ken Whitney, Clinical Pharmacist

**E**vidence shows that omega-3 fatty acids (EPA and DHA) can prevent heart disease. In people who already have heart disease, they can help prevent death, heart attack and stroke, as well as reduce triglycerides involved in high cholesterol. The best source of these fatty acids is fatty fish like salmon, and the American Heart Association recommends that everyone eat at least two fatty fish meals (baked or broiled) weekly for cardiovascular health. People who have heart disease should eat fatty fish daily. Because of the concern about the contamination of fish with mercury and other contaminants, fish low in mercury such as shrimp, canned light tuna (not albacore), salmon, pollack, and catfish are recommended.

Fish oil capsules are a convenient way to get omega-3 fatty acids. They are sold over-the-counter or by prescription (Lovaza, for the reduction of triglycerides). One

should consult with a physician before taking fish oil capsules. Fish oil capsules sold over-the-counter vary in quality and in content. Choose a product labeled "USP Verified Mark," because it has been tested. It contains what it says and has acceptable levels of contaminants. Capsules should be discarded if they develop a very strong or spoiled taste.



Some people experience nausea, heartburn, or loose stools when taking fish oil capsules. And, it can leave a fishy aftertaste. There is a small risk of bleeding or bruising when taking more than 3 grams of fish oil daily. Check with your physician if you take aspirin, Coumadin, or Plavix, are allergic to fish, or take more than 2 grams of EPA plus DHA daily.

The prescription product Lovaza is recommended for those people being treated for high triglycerides. They are 1 Gram capsules of fish oil containing a total of 840 mg of the two omega fatty acids. This is a concentrated form of the acids, allowing the patient to take only two to four capsules daily to treat high triglycerides, or one capsule daily for prevention in those who have heart disease. The over-the-counter products are less potent, and many more capsules must be taken for an equivalent dose. Lovaza is expensive, but insurance plans may cover part of the cost.

---

## Letters, from page 2

ceremonies. Margie Watt, Doree Thrope, Lucy Wells, Pat Lawson, Cheryl Geske and Ellen Durigg worked on decorating the Social Hall. Doree did a wonderful job on the tree. Margie's windows around the kitchen opening are beautiful for every season. A special thank you to Liz Brigham for the loan of her beautiful quilted Christmas wall hangings. It was so kind of her to share them with all of us. I also want to thank Norman Parker for all of his help behind the scene. With the help of many hands a lot

of work was accomplished but also a lot of fellowship was had. And there are always good things to munch on. If you want to get in on all of this fun, just volunteer next year. We can always use more help. Happy New Year and may God bless you all.



**Dave Hooker wrote:** "I am so appreciative of all of your prayers, visits, cards and love during my knee replacement surgery and recovery. Rev. Hawes' and Carol Whitney's visits were uplifting and

the prayer shawl made by Carol Haworth meant more than I can ever say. The Soup Ministry was also wonderful. Thanks to all, it meant so much."



The Villida, Prak, Chavarria and Canales families sent holiday cards thanking the church for your generous giving in response to this year's Giving Tree. Kathy Ripley and Jill Glixon add their thanks for the gifts and food provided and for the patience and perseverance by all with the winter storms.

### **Ebenezer, from page 3**

hymnals for us. The church had a balcony and the altar area had lower and higher preacher pulpits. The singing was melodious and sounded great.

Lunch was immediately after service at Yvette, a restaurant owned and operated by a member of the church. We noted the many goats in the yard. We dined on island favorites such as coconut, curried chicken, curried goat, and beans and rice. Dr. Hodge was the lunch's honoree. Over lunch one of the topics discussed was the increasing scarcity of males receiving the call to the ministry. Dr. Hodge contended that the Methodist Church was in the same league as the Catholic and other churches in attracting males to the clergy and priesthood. At the conclusion of lunch we headed to the home of Rev. Byron for a brief repose while she collared and gathered a robe for the afternoon service and an evening outfit for later.

The reason for the week of services was finally at hand. The 150th Anniversary Service of Thanksgiving and Rededication for Ebenezer Methodist Chapel, the Mother Methodist Church on the French Side of St. Martin was scheduled at 4:00 p.m. The church was small, newly painted white, with red velvet cushioned pews, backs and seats, 2 crystal chandeliers, and windows with colored glass across the top of the arched windows. The church was newly air conditioned. Clergy dignitaries representing the Protestant denominations and Catholic Church were seated in reserved pews on the left side of the church.

The Methodist Church of England sent a representative. We sat on the last row of the clergy. On the right side in the reserved pews were the political leaders of the French side of St. Martin. Several of these individuals and clergy brought greetings during the service. The two and a half hour service was complete with hymn singings, responsive and rededication readings and a sermon by the President of the Leeward Islands District Conference. The President is tantamount to being the Bishop as we know it in the United Methodist Church. There was a general reception in the fellowship hall at the conclusion of the service for the general audience. Light refreshments and souvenirs were distributed. A chartered bus took us to a special dinner for program participants and special guests, held at a restaurant on the Dutch side of the Island at the Princess Juliana International Airport. Guests dined on seafood crepes with ripe seasoned peppers, Cajun mahi mahi and shrimp with a zesty creole sauce, cauliflower, carrots, plantains, broccoli and peas and rice. Dessert was tiramisu, with coffee or tea. Dinner topped off what had been a wonderful, long day, centered on the 150th Anniversary of Ebenezer Methodist Chapel, Marigot, French West Indies.

*Editor's Note - Rev. Bonny C. Byron served as Associate Pastor at Hughes from 1992 – 1996. She sends greetings to Hughes United Methodist Church. For a British perspective on the Sesquicentennial celebration, read the blog at [www.methodistbsgc.org.uk/page8.htm](http://www.methodistbsgc.org.uk/page8.htm).*

### *A Concern*

## **Veterans Park at Risk**

As reported in the November 18, 2009 Gazette, the Wheaton Veteran's Park, located behind the Wheaton Safeway near American Legion Post 268, is at risk for elimination or relocation in order to free the space for private development. Through the hard work of local veterans, the Park was established on a slice of land that the County acquired 30 years ago through the state open-space program.

Those veterans include now deceased members of Hughes, according to Tom Bunting, and the thought of relocation or elimination of the park is a travesty.

"We paid the price," Tom said. "We served in war time, we served in peace time. Many of us are career men. This is our right to have this park."

Jim Sarkisian, Chaplain of Post 268, has stated unless something drastic happens, he believes that the transfer of the Park space to private development is a "done deal." In an email, Sarkisian wrote "Money for redevelopment seems, to the politicians, to outscore and outweigh the price our Veterans have paid, some giving the ultimate.

Those interested in supporting the veterans opposition efforts are encouraged to write to County Executive Isiah Leggett (a veteran himself) and make their opinions known.

**Hughes United Methodist Church  
10700 Georgia Avenue  
Wheaton, Maryland 20902-4799**

**NON-PROFIT ORG  
U.S. POSTAGE  
PAID  
Permit No. 441  
Wheaton, MD**

**Forwarding Service Requested**

Shrove Tuesday

Pancake Dinner

**5-7 p.m., Monday,**

**February 15, 2010**

Call Church Office

for Reservations by

**February 8th**

**Hughes United Methodist Church**

T - 301.949.8383 F - 301.942.0939

Church@hughesumc.org

[www.hughesumc.org](http://www.hughesumc.org)

---

Pastor ..... Rev. Kenneth Hawes  
Retired Pastor ..... Ronald Winterberg  
Mission Pastor ..... Rev. Braulio Torres  
Organist ..... Van Knauss  
Parish Nurse ..... Carol Whitney  
Business Manager ..... Marie Bunting  
Admin. Assistant..... Laraine Grant  
Sexton ..... Norman Parker  
Caller Editor ..... Rick Ripley