



# Hughes CALLER

Vol. 60, No. 3 April 2009

## News Briefs

### Holy Week Opportunities

#### Living Last Supper, Maundy

**Thursday, April 9 @ 7:30 p.m.:**

Thirteen of our church members will be portraying Jesus and the Twelve and their final meal together.

Because the Living Last Supper has been presented so many times now, thought was given to retiring this portrayal after last year. However, due to a special request, we will present it again this year. If you haven't attended in the past, now is the time to experience this inspiring portrayal. Those who have been here before will want to again join in this moving communion celebration.

**Good Friday, April 10: "The Way of the Cross" @ noon**

- We will meet at Woodside UMC. Carrying a large cross, we will walk in downtown Silver Spring, stopping at 8 locations to meditate upon Jesus' crucifixion as we recognize the suffering which still exists in our world and the ministries which are working to alleviate the struggles of all God's people.

**Rutter Requiem @ 7:30 p.m.**

- The choirs of Hughes United Methodist Church and Woodside United Methodist Church will  
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**E**aster is the most joyous day on the Christian calendar, yet as we read the gospel accounts, there is little, if any, mention of joy or celebration. Mostly, the accounts are filled with fear, disbelief and questions from both the women and the disciples.

At the tomb there appears to be fear mixed with wonder at the astounding news, "He is not here, he is risen!" Later, when Jesus appears to Mary in the Garden, the women along the road, the disciples in a locked room, along the Emmaus road, there is seemingly cautious optimism and happiness, but not the unfettered joy one would expect at the news of resurrection!

Perhaps the emotional, heart-wrenching events of holy week weighed heavily upon everyone's hearts and in their grief could not recognize the new thing God had done. Possibly, since no one had ever been resurrected before they could not believe the evidence before their eyes. It seems the real joy comes later.

Joy comes through faith, experience and reflection. The resurrection accounts point to all three.

The empty tomb is the place of faith. By itself, the empty tomb proves nothing. During the first century graves were frequently robbed, so an empty tomb could point to simply one final indignity for Jesus. The stone is rolled back from the tomb not so Jesus could get out of the tomb, but so the world could see He has been raised. Further examination of the evidence propels a faithful response. His grave cloths are left behind, neatly folded, as if to say "those won't be needed anymore." Then there are the messengers who share the news, "He is not here." Confronted with the empty tomb, we are compelled to make a choice: do we believe or not?

Encounters with Jesus along the road, in a locked room, in Emmaus, along the shore of the Sea of Galilee and in our lives offer opportunities to experience the risen Christ in our midst. The gospels, with the exception of the original conclusion of Mark, tell of Jesus appearing to the women shortly after they encountered the empty tomb. Their excitement at meeting Christ moves them to rush to tell the disciples all about it, becoming the first evangelists. Later, Jesus appears to the group of frightened disciples in a locked room, who still have trouble believing what they are experiencing. Additional and regular appearances during



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# U M W

**General Meeting: 7:30 p.m., April 15**, in the Social Hall. Program by Delores Varner on Adult Abuse Hostess: Loyalty Circle. All Men and Women are invited.

**Executive Committee: 10 a.m., May 4**, in the Parlor. Bring Ideas of where we should go on our annual June trip/lunch.

**Church Women United Meeting: 9:30 a.m., April 3.** Human Rights Day will be held at Shepherd Park Christian Church, 7900 Eastern Ave., NW, Washington DC. Call Carol Haworth (301-933-5487) if you can go

**Friendship Circle: Noon, April 7**, in the Social Hall. Hostess: Mary Jane Harns & Phyllis Frye

**Loyalty Circle: 7:30 p.m., April 1**, at Florine Olmert's home.

**Church Women United May Friendship Day Meeting: May 1**, at Hughes United Methodist Church. More information will be provided in the Bulletin. Lunch will be served. For cost and to make reservations please call Carol Haworth (301-933-5487).

## Giving Cross Project: Opportunity to Serve

Easter is just around the corner and once again Hughes UMC will partner with the TESS Center to help several families who are especially in need of spiritual and financial help during these hard times that America and the world are facing. After you collect a request from the cross in the garden entrance, bring your food items to the church no later than Palm Sunday, April 5. Be sure to firmly attach the stickers to the items. Monetary donations, for household items not covered by food stamps, are also welcome.

Volunteers will deliver the food the morning of Maundy Thursday, April 9. Help is needed for pack-up on Sunday, April 5, and delivery on April 9.

## Thank you's

**Margie Roher wrote:** "Many thanks to the congregation for your prayers and cards leading up to and following my recent surgery. As you have heard, the surgery was very successful and I am recovering well. Your prayers were truly felt and helped me through the stressful days before and after the surgery. Special thanks to Carol Whitney and Marge Kumaki for their assistance at the hospital and to Rev. Hawes for forging through the snow to be with me on the day of surgery and the day after. A very special thanks to Dottie Anderson and the Prayer Shawl Brigade - the shawl I was presented with is

absolutely beautiful and has kept me warm and wrapped in God's loving arms. Thanks to everyone, you are a true blessing in my life."



**Carol Whitney wrote:** "Many thanks to everyone at Hughes for all your kindnesses received during my recovery from surgery in February. Your prayers, calls, cards and concerns reminded me of how important our faith community is. God is the ultimate healer, but He works through all those who follow His way...I felt an abundance of that healing flowing through all of you. Many thanks!"



**Dwight French wrote:** "Heartfelt thanks to the Hughes family for all your prayers, cards, and expressions of concern during the time of my mother's illness and death. A special thanks to Carol Whitney for all the useful information she provided during my mother's illness."

## Knife Sale

All prices reduced for quick sale.

Steak Knives: 2 sets of 6 Serrated Edge Knives - \$10/ set.

Slicer Knives: 5 sets of 2 Knives (one 9" Slicer and one 14" Heavy Blade Slicer) - \$10/ set.

Slicer Knives one 14" Heavy Blade - \$5.75

Granny Fork: Two 8 1/2" Forks - \$3.65 each

See Pat Lawson

### HUGHES FAMILY DEATHS

February 24

**Martha Fleckinger**

(Mother of Dwight French)

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

the 50 days after the resurrection at finally seem to begin to get through. Our lives are touched each day by the presence of the risen Christ. Sometimes we recognize him and other times we are oblivious to his presence at a meal, in the church, on the street, in our homes....

Reflection upon evidence of the empty tomb and experiences of Christ's presence helps faith and joy to grow in our hearts and lives. Clops and his companion (Mrs. Clops?) encounter Christ on the road, speak with him, invite him to share a meal and recognize him in the breaking of the bread. After the bread is broken they reflect upon their experience earlier in the day and are convinced they had seen

the Lord. Oftentimes, it is only after reflection and reviewing the events of our lives that realize we have had an encounter with the Divine. Building time for reflection into our lives allows us to see where Christ has touched and changed us.

Through God's gift of faith, encountering Christ in our daily lives, and reflection our hearts are filled with a deep-seated joy. Joy is not simply feeling happy, as happiness is fleeting. Joy sustains us as we face life's struggles and difficulties. Joy allows us to celebrate even in the midst of suffering. Joy is delight and pleasure in the knowledge that God can overcome all things and that ultimately, God is in charge! Such is the message of Easter joy!

Saturday, April 11, 2009, 9 a.m. - noon

## **Quiet Day - An Opportunity to Hear God**

Between the fateful day of Good Friday and joyful celebration of Easter Sunday, we resign ourselves to the routine rhythm of day to day living on Holy Saturday. When I was younger it was a day full of "getting ready." First there was the visit to the "beauty parlor." If you were lucky, you had an early appointment and didn't have to wait for the host of other girls in line for their Easter Sunday doo. Next, was the trip downtown, to pick up a few last Easter items – or just because downtown was the place to be. The last stop was Easter Sunday rehearsal – there were songs to sing, parts to be played and speeches to be recited.

As a child, or as a young adult for that matter, it never occurred to me that all the events of Easter week were not about celebration.

It had not dawned in my mind that for the disciples, this in between day, was even more difficult to deal with than Friday, after all, they lived through an event that we know about after the fact. Can you imagine being a disciple? What did it feel like to have been with Jesus for three years, entering Jerusalem in a grand celebration in which you were involved with the center of attraction? Can you imagine the feeling of elation that must have been in their hearts and minds?

The disciples were looking forward to good times on easy street. They were looking to working for the one who would establish a new kingdom for Israel and end their years of subjugation. James and John had already asked

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present "Requiem" by John Rutter on **Good Friday, April 10, 2009, at 7:30 p.m.** at Hughes. The performance will be directed by Ken Webb and feature harpist Robyn Roys, organist Dr. Van Knauss, and soprano soloists Emily Hoage and Kathryn Webb.

**Holy Saturday, April 11:** Quiet Day - See article on this page.

(Hughes UMC) -- Our Senior High youth will lead worship on **Sunday, April 26th at the 10:30 a.m. service.** In order to allow everyone to experience this special time of worship, there will be no contemporary service this Sunday. Please plan to attend and support our youth as they lead us in worshipping God.

(Hughes UMC) -- On **Tuesday, April 28,** Fun & Fellowship will host a Quilt Show and Tell. Guest Speaker will be Marina Boudoin, a well known Long Arm Quilter. Come and hear her experience living in Africa and see her wonderful fiber arts quilts. Anna Strieter, another well-known quilter, will also be there with some original design quilts. Doors will open at 9:45 a.m.

(Hughes UMC) -- **On Saturday, May 9,** Hughes will co-sponsor a Health Fair and Screening for the community. We will be working with a Hispanic organization to provide health screenings for uninsured people in the area. We will need volunteers from both the English and Spanish congregations. This is an important opportunity for Hughes to serve the Wheaton neighborhood. More details to come but please save the date.

# America Is Aging: Better Living Through Chemistry

By Ken Whitney, Clinical Pharmacist

**H**ave you ever had trouble sleeping? Join the club. Approximately 25% of the elderly population, and 10% of the general population commonly complain of insomnia. For many it is a transient complaint caused by anxiety or stress, but some people suffer insomnia on a more chronic basis. What to do?

When a physician consults me about a patient with insomnia, I first review the patient's medication list. We don't want to be treating a side effect of a medication when the cure for the insomnia might be a change in medication. The next step would be to eliminate other chemical sources of insomnia. I advise to eliminate consumption of caffeine-containing beverages after 2 PM daily, and earlier if necessary. Caffeine can have a long lasting effect on sleep. Eliminate the evening glass of wine or other alcoholic beverage. Alcohol can cause sleep disturbances. Allergy medication may contain a decongestant as well as an antihistamine. Decongestants can cause insomnia, and may have to be eliminated from the allergy medication at the evening dose. Common decongestants are pseudoephedrine (Sudafed), and phenylephrine. Nicotine can cause sleep disturbance. Join President Obama in trying to stop smoking. Nocturnal production of stomach acid, even without the symptoms of heartburn, can cause sleep disturbance. I recommend trying a bedtime dose of either famotidine or ranitidine for acid suppression if this is a possible problem. These

are sold OTC (over-the-counter) Peppid, Zantac).

Beside these measures, other strategies for better sleep include: go to bed at the same time each night; avoid eating a heavy meal within 2 hours of bedtime; minimize light and noise; avoid napping during the day; exercise



early rather than late in the day.

As we age, we tend to suffer the minor aches and pains of the aging process. We may not realize it, but this pain can disturb our sleep. I recommend the use of a bedtime dose of a minor analgesic as a simple strategy. Two tablets of Tylenol Arthritis Formula (or its acetaminophen generic equivalent) at bedtime will last all night and may provide a good night's sleep.

After all of this, some people require sleep medication. Before consulting a physician, many of these people opt for OTC sleep aids. The most common of these contain either diphenhydramine or doxylamine. These are sedating

antihistamines which are being used for their side effect of causing drowsiness. I do not recommend the use of these products. They have numerous potential side effects in the elderly, including "hangover", which is daytime drowsiness and lethargy. There are also supplements such as melatonin and valerian which some people have found helpful for insomnia. There is no ideal sleep medication to be found, either by prescription or OTC. All have the potential to cause problems for the elderly. However, the impact of insomnia on our quality of life and on our ability to perform daily tasks may be profound enough to warrant trying sleep medication. I recommend consulting a physician if this is the case.

## Green Thumb Needed

The Methodist Women are in need of someone to take over the maintenance of the Flower Gardens of the Church. The UMW provide the money for the upkeep. Velma Murphy and Ann Brunk, who have been doing a great job with the upkeep of our flower gardens, are willing to supervise or give you all the information you need. Please let Pat Lawson or Ellen Durigg know if you can take on this project.





# youth

"Parents, don't be hard on your children. Raise them properly. Teach them and instruct them about the Lord."

EPHESIANS 6:4 (CEV)

## Applications Being Accepted For 2009 Van Metre Award

The Outreach Ministry Group announces that the Van Metre Award is available for 2009. The maximum award is \$500 per year. The award is intended to go to a youth (Mid-High or Senior High) participating in an organized missions program, or a young adult (ages 18 – 35) enrolled in seminary studying for the ministry. A qualifying youth or young adult seeking the monetary assistance that the Award provides may apply to either the Pastor or the Outreach Chairperson. Applications are due no later than Sunday, May 3, 2009, and any applications received by then will be considered for the Award. However, if no applications are submitted by that deadline, the Outreach Ministry Group can request an extension of the deadline. Applicants would have to fulfill the following qualifications: The youth must be an active member of Hughes UMC, and either (1) enrolled in seminary; or (2) accepted as a student by the sponsoring organization of a missions program lasting at least two weeks.

An Awards Committee consisting of the Pastor Hawes, the Outreach Chairperson, and the Ministries Council Chairperson will review the applications. The Award Committee will meet and make a decision during the month of May and notify the applicant. If the recipient is under legal age, the parents or guardians shall also be notified. If the recipient is, for any reason, unable to use the award for the purpose for which it was presented, the money will be returned to the Van Metre Award account.

The Van Metre Award was established in 1990 in memory of Rev. Edward Van Metre II after he was killed in an automobile accident while serving as Senior Pastor of Hughes United Methodist Church. The Award was established with money given by the congregation, friends and family Rev. Van Metre in the amount of \$10,000. It was invested with the understanding that the interest would be used for monetary awards each year that there was a qualifying recipient. In case of two or more qualifying recipients the award will be divided between them. No award is to be made that would reduce the principal below \$10,000. Circumstances that might arise in connection with the Award which are not covered by the guidelines would be subject to a decision of the Awards Committee.

### Spring Meetings

Wesley Seminary Guild will hold its Spring Meeting on Monday, April 6, 2009 @ 10:30 a.m. The guest speaker will be Carolyn Gass, a Wesley student. Her life has been a miracle journey. Carolyn was blind from birth and became an accomplished artist. Her hope for the future is creating an art center in her home town of Knoxville, Tennessee. Also, President of Wesley Seminary, David McAllister-Wilson, will give an update on the seminary. Anyone interested in going should call Louise Hill or Pat Lawson.

The UMW are in the process of setting up two scholarships to be awarded in July 2009. More information will be provided in the May Caller.

# Coming Soon – “Water Walking” Lessons

Regardless of age or physical fitness level, now's the time to learn the essential skills of water walking – and you won't even have to wear a swim suit! The new church-wide, small group study will help us learn, like Peter, to tread ON the waves instead of treading in the water.

The week of April 19th (Pastor Hawes classes below will start April 13), study groups will start the first of 6 sessions with the book, *If You Want to Walk on Water, You've Got to GET OUT OF THE BOAT*. Are you interested in finding out more about God's call to you? Would you like to rise above fears that tend to weigh you down? Do you want to walk with God by stepping out in faith on a daily basis?

This can be your first response to God as He calls you to go for a walk (on the water) regardless of where you are in your faith journey. For us as individuals and a church, try experiencing the power of God to accomplish what we are not capable of doing on our own.

This "...Get Out of the Boat" study is different from recent studies – the participant's book is designed to enhance personal spiritual growth as well as group study. With this 6-session format, you can concentrate on your faith journey. Does that sound scary or unreasonable, based on where you are or what is happening in your life? If so, then seriously consider joining a group and let the scripture and this study help you.

Books are ready to distribute in early April. Existing group members can get books through current small group leaders. Anyone not currently in a group can contact the church office or Susan Odell about forming a new group or connecting with an existing group (see the list below). Tell us if you would like more daytime choices or weekend or different evening groups. If you can't commit to a group, then buy one of the books and we'll lend you a DVD – and you can progress at your own speed.

## Quiet Day, from page 3

for key positions and no doubt the other disciples had the same agenda on their minds. They had already experience Jesus' power first hand, and even went on their own expedition where they exercised power - given to them by Jesus - over oppressive forces. When suddenly, out of know where, the wheels came off their Palm Sunday Parade and confusion and bewilderment sat in. At a lost, they scattered finding themselves in deep agony. Alone and uncertain about the future, the disciples ware left in silence


Quiet day is a time of contemplation. It allows you to be in the same place with someone else, engaged in the same actions, yet at the same time it is a place of solitude – a place where one can be in the company of friends, yet alone to sift through the brokenness of life. On this day one can cast nets to find answers concerning the things hoped for that died on yesterday! Holy Saturday, the day before more than we can hope for occurs, it is good to be still – in the company of friends and seek answers for the broken dreams or to silently celebrate dreams fulfilled. This year on Holy Saturday, you are invited break away from your daily routine and spend time with friends in quiet contemplation as we share in a half day of silence.

Meeting Day	Time	Location	Study Leader(s)
Mondays	6 p.m.	Parlor-HUMC	Pastor Hawes
Wednesdays	1:00 p.m.	Parlor-HUMC	Pastor Hawes
Wednesdays	7:30 p.m.	Asbury	Ron Winterberg & Sharon Skinner
Wednesdays	7 p.m.	Badman	Jeannine Rodriguez house

NOTE: SALT is continuing the study "Faith Lessons on the Death & Resurrection of the Messiah" on the second and fourth Tuesday of each month (7:30 p.m. in the Church conference room). They will begin the "Get Out of the Boat" study this summer.



# April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>Sunday services:</b> 9 a.m. Contemporary Service and Adult Bible Study; 10:30 a.m. Traditional Service; 12 noon Spanish Service; 9:45 a.m. Fellowship in the Social Hall; 10:30 a.m. Nursery/Sunday School for all youth. <b>Monday evening music classes:</b> 6 p.m. Bell Choir; 6:30 p.m. Wesley & KICK Choirs; & 7 p.m. Instrumental class.			<b>1</b> 7:30 Loyalty Circle	<b>2</b> 6:15 Chancel Bells 7:30 Chancel Choir	<b>3</b>	<b>4</b>
<b>5</b>  Palm Sunday 11:30 am Blood Pressure Screening 6:30 pm Sr. Hi MYF	<b>6</b> 5-7 pm Monday Night Dinner 7:30 pm Trustees	<b>7</b> 12 noon Friendship Circle (Soc. Hall) 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball 7:30 Choir Rehearsal	<b>8</b> 10 am Prayer Shawl Ministry Meeting 7:30 pm Living Last Supper Rehearsal	<b>9</b>  7:30 pm Living Last Supper (Sanctuary)	<b>10</b>  12-2 pm Stations of the Cross (Woodside UMC) 7:30 pm "Requiem" John Rutter (Hughes UMC Sanctuary)	<b>11</b> 9-12 Quiet Day
<b>12</b>  100 <sup>th</sup> Birthday of Gladys Boyle (member & mother of Lydia Skinner)	<b>13</b> 7:30 pm Staff Parish 5-7 Monday Night Dinner 6 pm Bible Study	<b>14</b> 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball 7:30 pm SALT	<b>15</b> 1 pm Coffee Klatch 6:30 pm UMW General Meeting (Soc. Hall)	<b>16</b> 6:15 Chancel Bells 7:30 Chancel Choir	<b>17</b>	<b>18</b>
<b>19</b> 11:30 am Blood Pressure Screening 6:30 pm Sr. Hi MYF	<b>20</b> 5-7 pm Monday Night Dinner 6 pm Bible Study 7:30 pm Ministry Grps.	<b>21</b> 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball	<b>22</b> 10 am Prayer Shawl Ministry Meeting 1 pm Coffee Klatch 7:30 Finance Com.	<b>23</b> 6:15 Chancel Bells 7:30 Chancel Choir	<b>24</b>	<b>25</b>
<b>26</b> Youth Service (only 1 service at 10:30 a.m.)	<b>27</b> 5-7 pm Monday Night Dinner 6 pm Bible Study 7:30 pm Admin Bd.	<b>28</b> 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball 7:30 pm SALT	<b>29</b> 1 pm Coffee Klatch	<b>30</b> 6:15 Chancel Bells 7:30 Chancel Choir	<div style="border: 2px solid black; padding: 5px; display: inline-block;"> <b>2009</b> </div>	