



Hughes CALLER

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News Briefs

Holy Week Schedule. *Holy Thursday*, April 1, 2010 - 7:30 p.m.: Women of Faith, a drama depicting the stories of the women who followed Jesus. The service concludes with Holy Communion. *Good Friday*, April 2, 2010 – Noon at Woodside UMC: The Way of the Cross, a public witness of our faith through downtown Silver Spring as we depict the crucifixion of Jesus and consider the suffering still present in the world today.

7:30 p.m. at Woodside UMC: Service of Tenebrae. We join with our brothers and sisters of the Silver Spring Cooperative Parish to remember the passion of Jesus.

Easter Sunday, April 4, 2010 – Celebrations of the Resurrection at 9 a.m. and 10:30 a.m.

Spaghetti Dinner Rescheduled.

Save the date for the Annual Youth Service on April 25. Following the service will be the rescheduled Spaghetti Dinner. The youth, who are hosting this event, have decided that the profits from the lunch will go to Haiti Relief. Suggested cost is \$10 for adults, \$5 for children and free for ages 5 and under. The youth will be taking reservations starting April 11th. Anyone who paid for the cancelled March 7th dinner and cannot attend the new

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A Bold, Courageous Leap of Faith

Warning! This article is intended to be provocative – the thoughts presented here are ideas only and have not been discussed or vetted anywhere. Somehow they made their way out of my cluttered mind!

Over the past 21 months we have talked frequently about visioning for the future of Hughes Church. After considerable prayer, discernment, writing and editing, the Discipleship Adventure Core Group will be presenting proposed mission, vision and values statements to the Administrative Council later this spring. The team went through a process discussing where we have been, what we currently are, and where we believe God is calling us to be. We sought input from the congregation at a worship service last fall using images and discussion. One type of image emerged time and time again – a photograph showing some kind of bold, risky, leap or action. One of those photos is pictured below.



Getty Images

Looking at this photo, a question occurs to me: what would be a bold, courageous, leap of faith for Hughes United Methodist Church? Since we each have a different understanding of courage and tolerance for risk-taking, it is likely we would each answer differently. Here are several ministry actions or ideas which display the continuum from slightly out

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U

April

Executive Board: Mon., April 5, 10 a.m. - Parlor

General Meeting: Wed., April 21, 9:30 a.m. - Parlor - Program to be announced.

M

Friendship Circle: Tues., April 6, 11:30 a.m., in the Social Hall. Hostesses: Lucy Wells & Carol Haworth

W

Loyalty Circle: Wed., April 7, 7:30 p.m., at the home of Gwen Cooley

Van Metre Award Available for 2010

The Outreach Ministry Group announces that the Van Metre Award is available for 2010. 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 23, 2010, 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:

+ Be an active member of Hughes UMC, the duration of the missions program should be a minimum of two weeks, and must be accepted as a student by the sponsoring organization of the missions program.

+ Be active in Hughes UMC and enrolled in a seminary.

An Awards Committee consisting of the Senior Pastor, the Outreach Chairperson, and the Ministries Council Chairperson will review the applications. make a decision in May. 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 principle below \$10,000. Any 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.

Letters

Derrice Deane wrote, "On behalf of the entire Deane family, I would like to convey our sincere gratitude to Rev. Hawes and Carol Whitney for their unstinting support and several hospital (and home) visits during Cordell's recent long illness. To those who took time from their busy schedules to call, send cards and inquire frequently about his well being; to those who knitted the prayer shawl; to those who prayed incessantly for his protection, healing and recovery, we extend our deepest appreciation. We will always remember the meaningful support of our Hughes family. Cordell's recovery continues slowly, but progressively. Thanks a million."



Laraine Grant wrote: "Thank you so much for the kind words, the expressions of concern and care, the prayers, the visits, and the wonderful cards you sent to me during my father's illness and his subsequent passing. I cannot even begin to put into words the enormity of my gratitude toward your kind gestures, and my appreciation of all of you. I am very sincere when I say that some of the challenges that arose while enduring the most difficult time in my life, were considerably eased because of you. And, you continue to offer such wonderful support to me in these days and weeks after my father's passing- I am most humbled. God gave me a most special gift when he allowed me to be around such caring people."

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of our comfort zones to highly risky, bold and courageous. Of course, what comes naturally for one may require a bold act of courage for another.

- clap hands, dance or raise hands as we sing during worship
- shake hands and converse with someone not like us
- sit in a different pew
- opportunities for table fellowship, sharing food and stories from our cultures of origin
- regular testimonies of how we have experienced God at work in the world and our lives
- host a faith-based lecture series with diverse theological perspectives
- participate in a Habitat for Humanity home build
- require all members to participate in small group ministries
- have a booth at all community events and outdoor concerts
- launch a new multi-media worship service with a band to reach additional people with the Christian message (perhaps at an off-site location)
 - visit door to door to pray with members of the community
 - take Volunteer in Missions trips to Haiti, India, Chile, or...
 - partner with another congregation, sharing in joint leadership and ministry
 - identify a need in downtown Wheaton, Silver Spring or Washington, DC and create a direct, hands-on ministry to meet that need
 - open a fair trade store to support communities in emerging countries
 - create a Social Help Center to offer counseling and financial assistance to those in need in our community

Once again, these are only examples to promote your own thinking, so please prayerfully consider and share what a "bold, courageous leap of faith" would look like for Hughes. I will place a box outside the office sometime in April to collect your ideas. Please do not respond to my thoughts above but share what you believe a leap of faith would be for Hughes. I will publish them at a later date.

According to the American Heritage Dictionary, to be bold means: "fearless and daring; requiring or exhibiting courage and bravery; unduly forward and brazen in manner; clear and distinct to the eye." Courage is defined as "the state or quality of mind or spirit which enables one to face danger with self-possession, confidence and resolution." Boldness and courage are closely related to faith, as suggested by the following quote: "Faith is the courage to act as if we were not cosmically alone. But such courage is not of our own making, not some grim, lip-biting obstinacy. Rather, it is rooted in a trusting heart, a heart confident that in Christ, God so enters the struggle of life with death that the ongoing Divine/human crucifixion can be lived under the hope of resurrection. Christian courage is the heart of faith experienced as trust." (author unknown)

One of the meanings of Jesus' resurrection is that through the power of the Spirit we are never alone. Another is this: through the power of the Risen Christ, God is at work in all things to bring new life and new possibilities. We have hope, courage and faith in the future because God is in our midst.

With bold leaps, comes the risk of crashing into the canyon or pounding surf below. There is always a danger of failure and injury. Facing the danger and leaping with courage takes faith that God is at work in our midst and will celebrate with us in the exhilaration of success or lift us up, teach us something and send us to try again if we falter.

The Hughes congregation has taken bold leaps of faith in the past (Vacation Bible School in the park and Hughes House are 2 examples). As we enter the second decade of the 21st century, we seem to agree God is calling us to something new and courageous, once again. We are a creative, compassionate, intelligent and faithful congregation. Together, may we discern where Christ is leading and when we face the possibility of taking the leap or stepping back from the edge, may God grant us the courage to act with boldness.

America Is Aging: Better Living Through Chemistry

By Ken Whitney, Clinical Pharmacist

People who have glaucoma are commonly prescribed eye drop medications.

One of the very commonly used drug classes in these eye drops is beta blocker. Medications in this class include: timolol (Timoptic), levobunolol (Betagan), metipranolol (Optipranolol), betaxolol (Betoptic), and carteolol (Ocupress). These medications are prescribed under other names as well. It is important that people using these medications understand that these eye drops can interact with other medications that they have also been prescribed, and they can interact with other medical conditions which they may have. This may be avoided if the drops are properly administered.

If proper administration technique of the eye drops is not used, the drops can drain into the tear ducts, and are then rapidly absorbed into the bloodstream. If this occurs, there is potential for the development of side effects. These side effects may include: 1) breathing difficulty in the elderly and in people with asthma or lung disease; 2) cardiovascular effects may precipitate or aggravate congestive heart failure, slow heart rate, and even heart attack; 3) there are reports of central nervous system effects such as depression, psychosis, confusion, and hallucinations; 4) beta blockers can adversely affect peripheral vascular disease and diabetes. These effects happen to a much less extent in young people, and are more significant in the elderly

and in people with underlying medical conditions.

Some of the beta blocker eye drops are designed to avoid interaction with medical conditions, but others are avoided when the condition exists. For example, timolol is avoided with asthma, but betaxolol is less likely to cause problems. On the other hand, all beta blocker eye drops are avoided when slow heart rate or congestive heart failure is also present. These are only examples of a range of issues which can become problematic. So, one can see how important it is that ALL physicians are aware of the fact that glaucoma is being treated by an ophthalmologist, and that the ophthalmologist is aware of ALL other medical conditions being treated by another physician.

In addition, beta blocker eye drops, when absorbed, can interact with medications used to treat other medical problems. Inhaled medications used to treat asthma could become less effective.

Medication used to slow the heart rate (digoxin or verapamil, for example) could slow the heart rate too much. Medication which lowers blood sugar may lower it too much, and the patient would be unaware because beta blocker masks the physical signs that the blood sugar is too low.

If you are prescribed beta blocker eye drops, or any eye drop, and wish to learn about the proper technique for administration of the drops in order to possibly avoid side effect problems, a handout on the subject is available through the Parish Nurse, Carol Whitney.

SPRC Liaisons

Happy Spring! The Staff Parish Relations Committee has been working with the staff at Hughes and would welcome any comments or questions. If any congregant has a concern they would like to relate to the Staff Parish Relations Committee, they can either contact the staff liaison or Kathy Ripley. These liaisons are:

Kathy Ripley	<i>Pastor Ken Hawes</i>
Jeff Broadhurst	<i>Norman Parker</i>
Carol Haworth	<i>Laraine Grant</i>
Alyce Amussen	<i>Marie Bunting</i>
Bob Cooley	<i>Carol Whitney</i>
Kevin Brown	<i>Chandera Singh</i>
Barry Smith	<i>Van Knauss</i>
Inelda Ruiz	<i>Braulio Torres</i>

UMW Scholarships

The UMW will award two scholarships this year. All persons who are furthering their education from either college or technical schools may apply. Forms will be available as of Thursday, April 1 from the Church Office, Education Office or Youth Counselors. The deadline for applications is May 12, 2010.

HUGHES FAMILY

DEATHS

March 16

**Lois Leadbetter
(mother of Alison Hines)**

Hughes Church to Undertake 4-year Capital Funding Campaign

As many are aware, our interim giving period for funding our mortgages is over at the end of May 2010. A committee has been established and has begun preparations for a new 4-year Capital Funds campaign that we are calling "Counting God's Blessings." A 4-year campaign is being carried out at this time because that period will get us to the point where our first renovation mortgage, taken out in 1999, will be paid off, and our capital requirements will decrease by about 40 percent. We will then have reached what hopefully will be a significant turning point in our financial fortunes. The payment period for this new campaign will run from June 2010 through May 2014, with a minimum goal of \$400,000, which will cover the mortgage payments for that period.

The campaign will once again be run internally, as we have run the previous two, using a tested approach that has worked in the past and hopefully will allow us to reach our goal and continue on toward a future of even greater fellowship, service, and witness. Our emphasis in this campaign will be on the spiritual. Our committee will be doing all we can to center the campaign on the spiritual renewal we can bring to our own church family and spread to those to whom we are called to be neighbor, and how we as God's people can support that spiritual ministry.

Some of the major milestones during the campaign will be:

- a general church luncheon and informational meeting on Sunday, April 18;
- a prayer vigil in support of our church and its ministries sometime around the beginning of May;
- lay speakers at the end of April into mid-May;
- training of visitation teams during the first half of May; and
- visitation contacts to the membership May 16 – 27.

More information will be coming out as specific plans are finalized for these and other events.

If you are asked to take a part in the activities of this campaign, please prayerfully consider it. The faithfulness and spirit of all of us will go a long way toward making the campaign personally enriching and allowing us to meet our capital funding needs.

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date, please contact Mark Weaver for a refund.

Community Yard Sale. From 9 a.m. - 1 p.m., Saturday, May 15, Hughes will be host a Community Yard Sale on our grounds and within our gymnasium. The location of our church offers great visibility to folks trying to liquidate the spoils of their "spring cleaning" efforts and can further provide a service to our community by providing bargains to bargain hunters and by "recycling" items that may no longer be of use to one person. Outdoor and indoor spaces will be "rented" at a nominal fee to members of our community and, of course, to members of our

congregation, who will keep the proceeds of their individual sales. Breakfast and lunch food will be prepared and available for sale to vendors and shoppers. Please put this date on your calendar and plan on assisting your church with one of the many tasks required to make this event a success. Rain Date will be May 22. For further information please contact the church office, Jeff or Gail Broadhurst.

Outreach Opportunity-Shepherd's Table. Each evening from 6:00 p.m. to 7:30 p.m., the Shepherd's Table, located at 8210A Colonial Lane in Silver Spring, opens its doors to those who are hungry. For over 25 years, the Shepherd's Table has never missed serving a hot, nutritious meal to those in need. Hughes members and friends are invited to help serve dinner on the 4th Wednesday of every month. If you are interested in participating, please contact Marianne Capacchione.

Outreach Opportunity-Casserole Ministry. After the holidays, Shepherd's Table food donations tend to decrease as the demand for nutritious meals increase. We are looking for volunteers to make casseroles at home and then donate them to Shepherd's Table. The Shepherd's Table supplies the pans and the recipes. Each casserole feeds 8-10 people and directions are easy to follow. The dishes will be stored at the Badman's and then delivered to the Shepherd's Table at least once a month. If you are interested in this ministry, recipes and pans are available from Marianne Capacchione and/or Frances Badman. For more information, contact Marianne Capacchione.

How Do New People See Your Church?

by Lovett H. Weems

New guests at worship can help us see things from the perspective of those not as familiar with our church as we are. Last month I reported two findings from a recent Lewis Center project which asked church members in different states to attend nearby churches as visitors and report on their findings for the benefit of the visited churches and other churches. This report covers three other findings.

Culture of Hospitality

While the visitors were welcomed upon arrival, usually by the official greeters and the pastor, most were not greeted by those sitting around them. More needs to be done to increase the welcoming spirit and practice of worshipers. An important step is to help members see themselves as the “hosts of Christ.” A good host knows that the most important person is the stranger or the one left alone. If people can come to focus particularly on those they do not know, much good will result.

Until hospitality becomes a part of the congregational ethos, some steps can be taken immediately. Additional greeters can be stationed inside the sanctuary to welcome people, especially newcomers, and then to make sure they are greeted when the service is over and invited to a fellowship time or a study group. Guests sometimes arrive early, and their waiting time can feel awkward if no one is reaching out to them.

Another sign of hospitality is providing guest parking. It is common today to find reserved first-time guest parking just as handicapped parking is provided. This is another strong signal that you have new people attending and that you are expecting your guests.

Congregational Participation

The word “liturgy” means “the work of the people.” Visitors report a high energy level among most worship leaders but not so much within the congregations themselves. Music and singing may be one way to increase the engagement of everyone. Using a mixture of hymns for which different groups have energy can be particularly helpful. Also, choirs need to remember that leading and enhancing congregational singing may be their most important function.


Having worshipers spread out in too large an area also reduces the energy of the service. If attendance is far below your sanctuary’s seating capacity, some portion might be roped off. Paying special attention to times in the service when engagement is highest will give an opportunity to build upon those times. And energy tends to increase when the elements of the service move smoothly. Reducing time gaps and staying on schedule will help hold people’s attention.

Involvement of Younger People

Many visitors were struck by how few younger people were in worship leadership. Brainstorm various ways of involving people across all ages in worship responsibilities. Having younger people visible in worship will not go unnoticed by current members and new people. Such involvement need not be in only one part of worship. Be creative in thinking of many ways younger people can be involved. Begin slowly and build. When you seek to involve new leaders in worship, be attentive to the extra time required for training and coordination.

This article is reprinted by permission from The Lewis Center Update, a free online newsletter of the Lewis Center for Church Leadership of Wesley Theological Seminary and available at www.churchleadership.com.

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Sunday services: 9 a.m. Informal Service and Adult Bible Study; 9:45 – 10:30 Fellowship Time; 10:30 a.m. Traditional Service; 12:30 p.m. Spanish Service.</p> <p>Note: One Service only on April 25th – Youth Service Upcoming Date: May 15 – Hughes Yard Sale</p>				1	2	3
				<p>Maundy Thursday “Women of the Bible” Service 7:30pm</p>	<p>Good Friday Services at Woodside UMC – 7:30 pm and Cross Walk – Noon</p>	
 <p>4 Easter Sunday</p>	5	6	7	8	9	10
<p>10 am UMW Exec. Mtg. 5-7 pm Dinner 6 pm Bible Study 7:30 pm Trustees NO Youth Choir</p>	<p>11:30 Friendship Cir. 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 SALT meeting 7:30 Adult Basketball</p>	<p>7:30 pm Loyalty Circle</p>	<p>6:15 Chancel Bells 7:30 Chancel Choir</p>			
11	12	13	14	15	16	17
<p>Blood Pressure Screening 11:30 am Noon - Confirmation Class</p>	<p>5-7 Dinner (Soc. Hall) 6-7:30 Youth Choirs</p>	<p>6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball</p>	<p>10 am Prayer Shawl Ministry</p>	<p>7:30 Chancel Choir 6-10 Rehearsal –The Great Gospel Hour</p>		<p>“The Great Gospel Hour” Program (Sanctuary) 3 & 8 pm</p>
18	19	20	21	22	23	24
<p>12 “Counting God’s Blessings” Lunch 4 pm Bell Concert</p>	<p>5-7 Dinner (Soc. Hall) 6-7:30 Youth Choirs 7&7:30 Ministry Groups</p>	<p>6 pm First Place Ex. 7 pm First Place Mtg. 7:30 SALT meeting 7:30 Adult Basketball</p>	<p>9:30 am UMW General Meeting (Parlor)</p>	<p>6:15 Chancel Bells 7:30 Chancel Choir</p>		<p>Evergreen Spring Festival (8am – 2 pm)</p>
25	26	27	28	29	30	<p>May 2 Confirmation Class at 4:15 pm</p>
<p>Youth Service 10:30 Blood Pressure Screening 11:30 am Spaghetti Lunch 1 pm (tickets needed)</p>	<p>5-7 Dinner (Soc. Hall) 6-7:30 Youth Choirs</p>	<p>6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball</p>	<p>10 am Prayer Shawl Ministry</p>	<p>6:15 Chancel Bells 7:30 Chancel Choir</p>		