



Hughes CALLER

Vol. 60, No. 10 December 2009/January 2010

News Briefs

Christmas Eve Services: Family Service, 6 p.m. - Children's play: "Christmas Hang Ups"; Concert featuring the Hughes Handbells and Organ, 10:30 p.m.; Candlelight Service, 11 p.m.

Winter Concert. At 6:30 p.m. Sunday, December 6, the Academy of Saint Cecilia will be presenting their winter concert at The Lutheran Church of St. Andrew, 15300 New Hampshire Avenue. The Chamber Orchestra, a group of 42 plus string, woodwind and brass musicians, and the Prep Orchestra, a young group of developing string musicians - both under the direction of Ken Webb - will open the program. The mission of ASCYO is to serve the community by providing opportunity for young musicians to grow spiritually and attain musical excellence through instruction, rehearsal and public performances of the great musical compositions of the past and present. You are invited to attend the concert and also to visit its website, www.ascyo.org.

Advent Activities. On Sunday, December 13, the Sunday School classes will meet together to make Advent crafts, listen to Christmas music, decorate Christmas cookies and enjoy refreshments as part of

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Hospitality Is 'Inn'

"And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no room for them in the inn." (Luke 2:7, NRSV)

No room at the inn. For years, the innkeeper (who never really makes an appearance in the scripture) has been vilified in nativity pageants. He has been a symbol of the lack of hospitality. But what if the innkeeper had arranged for Mary and Joseph to stay in the inn's stable, providing clean straw and some measure of privacy where Mary could give birth? Then, the innkeeper becomes a hero in the story, offering the best hospitality he could find under the circumstances!



Hospitality: the art of making others feel welcomed. When we welcome guests into our home we make them feel comfortable, offering a place to sit and talk, space for privacy, food and drink. Usually we tell them, "if you need anything, just ask." Good hospitality places the needs of our guests above our personal comfort and needs for as long as they are visiting.

As a church, practicing good hospitality is imperative. You have heard me say it before, but it is important that as individuals, ministry teams and a whole church we always practice hospitality, making others feel welcome and placing their needs and comfort above our own. So, what does this mean in a practical sense?

Hospitality begins the moment we begin to interact with another person concerning the church, whether that conversation takes place over the telephone, in the hallway, narthex, office, education wing, parking lot, sidewalk or sanctuary. Every person who calls, visits or utilizes this facility is our guest and showing him/her the face of Christ in all circumstances is our call as followers of Jesus. Those who experience a welcoming attitude in us and our ministries are more likely to deepen

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December

Friendship Circle: Tuesday, Dec. 1, 11:30 a.m., at the home of Helen Wilson. It is the annual Christmas Pot Luck.
Loyalty Circle: Wednesday, Dec. 2, 7:30 p.m., at the home of Gwen Cooley. Please note date change to accommodate the Coffee at the Crossroads gathering on December 2. We will have our annual cookie exchange.

CHURCH WIDE CHRISTMAS LUNCH, Sunday, Dec. 6, in the Social Hall. Remember to bring your ticket.

BOARD OF CHILD CARE: Last day for cookie donations is Sunday, Dec. 6.

January

Friendship Circle: Tuesday, Jan. 5, 11:30 a.m., in the Social Hall.

Loyalty Circle: Wednesday, Jan. 6, 7:30 p.m., in the Parlor.
Greater Washington District Officers Training, Saturday, Jan. 9, 9:30 a.m., at St. Paul's in Kensington. RSVP by December 30. There is NO charge for the Continental Breakfast.

Pastor Hawes will install the UMW Officers at the 10:30 a.m. Church service on January 17.

HUGHES FAMILY

DEATHS

November 17

Martha Torrible
(former member)

Giving Tree

There is still time to spread some Christmas cheer at the Giving Tree to help the following families:

Family # 12 - Wendy is a mother of two very young boys, and her partner has been deported to El Salvador. She now has no financial support, and the family is staying in the living room of an apartment. Wendy is working at various cleaning jobs and waiting for a response from social services.

Family #18 - Ana is a single mother of three who is struggling to make ends meet. Due to domestic violence and resulting physical abuse she has had to incur emergency surgery and cannot work. Her children are 4, 6 and 11 year old girls.

Family #147 - Zulma has been a client at TESS for nearly 20 years and is a survivor of sexual abuse. Her three children are enrolled in school and her youngest son participates in chorus. Her daughter is 15, and her sons are 6 and 12.

Family #128 - Flordalma is a single mother of a 9 year old boy and 1 year old girl. Her partner left her and she is struggling to find work. The landlord is letting her stay in the apartment until she finds a job.

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OPEN DOOR FELLOWSHIP GROUP INVITES ALL CHURCH MEMBERS
On Saturday, December 12, The Open Door Group will meet at church at



2:30 p.m. and carpool out to O'Donnell's Seafood Restaurant in the Kentlands Shopping Center in Gaithersburg. Afterwards, we will drive through the Winter Lights at Seneca Creek State Park in Gaithersburg. Admission is \$14 per car which includes more than 350 illuminated displays along a 3.5-mile drive through the park.

If you would like to attend and need a ride, please call Mark Weaver (301-649-4351) to arrange a pick-up. Feel free also to call if you have ideas about future activities.

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the Advent season. All children age 3 and up will meet in the Chapel at 10:30 a.m. and then go to the Social Hall together. Parents can meet their children in the Social Hall after church. Friends are always welcome, so be sure to invite them.

Letters

Irene Routhinsein of The Children's Inn at NIH wrote: "Dear Friends, Many thanks for your donation to The Children's Inn of Beanie Babies, cars, canned goods, snacks, etc. Your gift is so useful, and we do appreciate your remembering the Inn. Again, Thank you."

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their relationship with Christ and with us. Each of us must honestly reflect on our interactions and be sure the love of Christ is seen, heard and experienced in every act and conversation.

Hospitality also means our facility needs to be welcoming and inviting. Well kept grounds, appropriately trimmed shrubs, clean sidewalks and flowering gardens tell passersby and visitors that we care about appearances. Interior lights should be bright, restrooms spotless, halls sparkling and classrooms freshly painted. For example, my clergy discipleship group met in the youth room at one of the UM churches in the District. It had recently been painted and refurnished with all new furniture,

52" LCD TV, Playstation 3, tables and chairs for eating and a nice area rug. The adjoining room is a well-equipped game room. If I were still a teen, that's a church I would like to attend because it felt like home. The trustees are discussing the needs of our building and creating a plan to make our environment even more inviting.

Hospitality extends to helping visitors and members feel welcome as we enter the church building. Attractive signs and information displays, knowledgeable greeters and ushers, a visitors' table with a token gift and friendly helper, easy access to simple refreshments and an opportunity for informal fellowship help visitors to feel welcome on Sunday mornings. The Discipleship Adventure Core

Group has created a hospitality task force to consider and address these issues of helping people feel welcomed.

Jesus came into the world on that first Christmas morn. An hospitable innkeeper made sure that he had a warm place to stay the night. A friendly cow gave up her feed trough for his first bed. Angels welcomed him with song and shepherds paid a social visit. Jesus' birth is a lesson in hospitality. What a great season of the year to prayerfully discern how God's Spirit is leading us to be creative as we continue to learn and practice the art of making others feel welcome. May the inviting, welcoming, energizing Spirit of Christ guide us along the way!

Susan Odell, Lay Leader

Taking a Fresh Look at Hughes and Hospitality

A task force, under the leadership of Marie Muller, is being formed to plan for the establishment of a Ministry of Hospitality at Hughes UMC. Why is this a priority for the New Year for the Discipleship Adventure Core Group and Pastor Hawes?

It is time to rethink what hospitality means for today's church. Many people think of entertaining guests when they hear the word "hospitality," but being hospitable was of great importance to the early church for different reasons. According to the Nelson Study Bible, "In New Testament times, hospitality typically meant housing and feeding travelers for two or three days with no expectation of payments in return ... Being truly hospitable required personal sacrifice." The word "hospitable"

literally meant "loving strangers" to members of the early church.

If you look in today's dictionaries, you are likely to find such definitions for "hospitable" as, "Well-disposed toward strangers" and/or "Having an open and charitable mind; receptive." As hospitable as we think Hughes is right now, it's time to expand and extend our love for strangers – and the Hospitality Task Force will help us do just that.

In addition to looking at ways to make our worship and fellowship spaces more hospitable, the task force will look at the various ways we minister outside the doors of Hughes and will suggest how to develop and train a more permanent Hospitality Team. The task force will be consulting with various individuals and groups who already are involved in various

aspects of ministering through hospitality and anyone wishing to provide ideas or to serve on the task force should contact Marie Muller.

Some changes are beginning in December, since Pat and Del Lawson retired from hosting Sunday Morning Fellowship Time at the end of November. During December a variety of volunteers are being recruited to continue this portion of our hospitality ministry for the holiday season. Starting January 3, Sunday Morning Fellowship Time will close down for two months at a minimum. Specific dates for re-starting Fellowship Time will be announced in the Bulletin and a future issue of "The Caller."

America Is Aging: Better Living Through Chemistry

By Ken Whitney, Clinical Pharmacist

Acetaminophen, better known to the American public as Tylenol, is this country's most widely used analgesic. Although it is often considered the safest analgesic available, it still needs to be respected as a possible source of illness in the unsuspecting consumer.

Toxicity due to acetaminophen is usually due to overdose, resulting in acute liver failure. The number of people who suffer liver failure is relatively small when compared to the number of people who annually take acetaminophen, but 40% of the cases of acute liver failure in the US can be attributed to acetaminophen, and half of the cases are due to accidental overdose.

How do you accidentally overdose on acetaminophen? The answer is by taking two medications at the same time which both contain acetaminophen, and you don't know that this is the case. In over 60% of these cases, two analgesics are involved. An example of this is the person who takes acetaminophen regularly for their arthritis, and is prescribed Percocet (contains acetaminophen) by their surgeon for post-surgical pain. The rest of the cases of accidental overdose result from the combination of an analgesic containing acetaminophen and a medication for another condition. An example of this would be a person prescribed Percocet for their post-surgical pain also taking a cold remedy containing acetaminophen for their cold

symptoms.

So, how much acetaminophen is an overdose? Presently, the guidelines state that one should not take more than 1000 mg at one time, and not more than 4000 mg in a 24 hour timeframe. However, those guidelines are



being studied, and may be reduced downward in the future. Also, the FDA is studying the possibility of removing acetaminophen from the formulations of many over-the-counter as well as prescription medications.

There is also a warning for those who chronically consume several alcoholic drinks per day. These folks are at higher risk for acetaminophen-induced liver failure. They should avoid taking large doses (more than 4000 mg/day), and should avoid taking acetaminophen on a prolonged basis.

Acetaminophen is the best alternative for a large percentage of the elderly population who suffer from osteoarthritis. This makes

for a large risk pool for accidental overdose. To avoid this potential problem, always know whether your medications, including over-the-counter medications, contain acetaminophen. Consult your pharmacist about whether you are taking two medications containing acetaminophen.

WANTED

Missing Kitchen Items

It has come to the attention of the Trustees that several items have disappeared from the social hall kitchen. A host of small utensils are missing (tongs, measuring cups, etc.), along with a large heavy-duty pot and four carafes. If you know the whereabouts of these items, please return them with no questions asked.

Our fully stocked kitchen is available for everyone to use with the understanding that anyone who uses it will put everything back as they found it and clean up after themselves. However, if we continue to have a problem with items disappearing, we may have to re-evaluate the kitchen-use policy.

The Trustees appreciate everyone's cooperation in this matter.

Remembering Loved Ones

Editor's Note - Beginning this Fall, we will offer our Church family, in connection with All Saints Day, an opportunity to share a memory that they have of friends and loved ones who passed some time during the previous year.

Melvin Miller (Feb. 10, '09) "My sons, Gary and Kevin, and I remember him as a Christian and a faithful and caring family man, a hard worker and an ardent sportsman. He was always there to help me in support of my work for our herbal Bazaar table." - Mary Jane Miller

Jane Anne Dudas (April 3, '09) "She was a loving mother of 3 children and grandmother of 5 grandchildren. She loved playing bridge and traveling. She also took up golf when my dad retired. She graduated from Washington University with a degree in psychology and later earned an associated degree in accounting. She was involved in many church and women's activities and was a very active member of the retirement community where she lived near Pittsburgh." - Gwen Cooley

Dorothy Van Zandt (Nov. 26, '08) "Our mother/grandmother was fiercely independent, but always loving, caring and supportive. Our mother loved her family but when she was in Washington her family was her church and she loved and spoke of you all often. We all miss her daily but know that she is in a

better place." - Family of Dorothy Van Zandt

Stanley Kania (June 25, '09) "This is how I remember Pop: Stanley J. Kania, a caring and generous father who knew how to do almost everything!" - Les Kania

Maria Duvall (Dec. 23, '08) "She was always optimistic, never down. If there were ever a person that could make an ugly situation look good it was Maria. Either through humor or good wit she made any situation bearable. There are people you can share one or two laughs with and then there people you can share a day laughing with and that was Maria." - Mary Duvall

Harold R. Lanman (Dec. 9, '08) "Harold was a man who remembered the first hymn he sang as a child - "We Three Kings" - and requested it be sung at his memorial service, regardless of the time of year. He was a man who took pride in founding a church and building its up to over 1,000 members, and decided that erecting an educational building for the children took precedence over a sanctuary for the adults. He had enough love to bestow on his second family that was as strong

and deep as that to his first. Harold enjoyed his life to the fullest and we are certain that he is enjoying his next life just as much. Harold truly was a Saint to all of us, and we are sure he is in his rightful place looking down on all of us." - Gordia Lanman.

Martha Flickinger (Feb. 24, '09) "My mother was the rock of faith in our family, and espoused three main qualities in her life: honesty, frugality, and faithfulness to the responsibilities of servanthood. She was always looking for ways to help others and was faithful to that calling until she literally could no longer get up to help out. When she finally realized at the very end of her life that she needed to lean on others for assistance, it was as if she was passing the gift of servanthood on to all of us. I will love and miss my mother always, but she is now where she belongs and wants to be. I wish her spirit the best in its new life, as I know she wishes the best for me and my family as we continue ours here on Earth." - Dwight French

Giving Tree, from page 2

Family #39 & # 211 - Sen and Sara are a mother and daughter who together have 6 children and one due in January 2010. Sen has been a client for many years and raised Sara. Sara currently does not have a fixed address, but stays between homes of friends and her mother's home.

To help one of these needy families, simply take an ornament and donate the items requested. Monetary donations, by check or cash, will be gratefully accepted instead or in addition to the Christmas gifts. Please place your check in the offering plate and mark it "The Giving Tree!" All items must be received by December 20. Please keep the Giving Tree Ornament with/taped to the gift. If you can help organize these gifts for the families on December 20 or drive to the TESS on December 22, please call Kathy Ripley at 301-565-3604. Thank you for your support during this holiday season!

December

| <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 6 pm First Place Ex. 7 pm First Place Mtg. | 2 10:30 Prayer Shawl Ministry 7 pm Coffee @ the Crossroads | 3 9:30 Quilting Group 6:15 pm Chancel Bell Practice (Sanctuary) 7:30 pm Chancel Choir | 4 7 pm MYF Cookie Baking (Weavers) | 5 Christmas Play Practice 1 pm |
| 6 (See above) Noon - Church Christmas Dinner | 7 5-7 Monday Night Din. 6-7:30 Youth Choirs 7:30 Trustees | 8 11:30 Friendship Cir. 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 SALT | 9 7:30 Loyalty Circle | 10 6:15 pm Chancel Bell Practice (Sanctuary) 7:30 pm Chancel Choir | 11 | 12 Christmas Play Practice 1 pm |
| 13 (See above) 11:30 Blood Pressure Screening | 14 5-7 Monday Night Din. 6-7:30 Youth Choirs 7:30 Staff Parish | 15 6 pm First Place Ex. 7 pm First Place Mtg. | 16 | 17 6:15 pm Chancel Bell Practice (Sanctuary) 7:30 pm Chancel Choir | 18 | 19 11:30 Memorial Service Rosalie Adams 1 pm Christmas Play Practice |
| 20 (See above) 6 pm MYF | 21 5-7 Monday Night Din. 6-7:30 Youth Choirs Christmas Play Practice | 22 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 SALT | 23 | 24 6 pm Family Service 10:30 pm Concert 11:00 pm Candlelight Service | 25  Merry Christmas! | 26 |
| 27 10:30 am (one service only) 11:30 Blood Pressure Screening | 28 NO Choir Rehearsals | 29 6 pm First Place Ex. 7 pm First Place Mtg. | 30 | 31 NO Choir Rehearsals | | |

2009

January

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|---|-------------------------------------|--|
| 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 Holiday (office closed) | 2 |
| 3 10:30 am (one service only) Higher Education Service 6 pm MYF | 4 5-7 Monday Night Din. 6-7:30 Youth Choirs 7:30 Trustees | 5 11:30 Friendship Cir. 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball | 6 7:30 Loyalty Circle | 7 6:15 pm Chancel Bell Practice (Sanctuary) 7:30 pm Chancel Choir | 8 | 9 9 am Disciple Adventure Core Group |
| 10 (see above) 11:30 Blood Pressure Screening | 11 5-7 Monday Night Din. 6-7:30 Youth Choirs 7:30 Staff Parish | 12 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 SALT 7:30 Adult Basketball | 13 10:30 Prayer Shawl Ministry | 14 6:15 pm Chancel Bell Practice (Sanctuary) 7:30 pm Chancel Choir | 15 | 16 |
| 17 (see above) 4:15 pm Confirmation Class 6 pm MYF | 18 Holiday (office closed) 5-7 Monday Night Din. 6-7:30 Youth Choirs 7:30 Ministry Groups | 19 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball | 20 9:30 UMW Gen. Mtg. 7 pm Life Skills Registration | 21 6:15 pm Chancel Bell Practice (Sanctuary) 7:30 pm Chancel Choir | 22 Rock Retreat | 23 Rock Retreat |
| 24 (see above) 11:30 Blood Pressure Screening 12-6 Evergreen Open House | 25 5-7 Monday Night Din. 6-7:30 Youth Choirs 7:30 Administrative Board Meeting | 26 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 SALT 7:30 Adult Basketball | 27 10:30 Prayer Shawl Ministry 7 pm Life Skills Registration | 28 6:15 pm Chancel Bell Practice (Sanctuary) 7:30 pm Chancel Choir | 29 | 30 |
| 31 | | | | | | |

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