



# Hughes CALLER

Vol. 61, No. 5 June 2010

## News Briefs

**UMW Scholarships.** The UMW will award two scholarships this year. The deadline for applications has been extended until June 16, 2010. This will be the only extension. Call the church office for details.

**Conference Scholarships** - The B-W Conference has scholarships available for undergraduate students. Full information and applications are available at [bwcumc.org](http://bwcumc.org) or you may contact Pastor Ken with any questions.

**Be A Buzzer Beater:** Bishop Schol has invited the Conference membership be a Buzzer Beater for the many children in Africa who so desperately need our help. Join Bishop Schol on June 12 for Be a Buzzer Beater, a special event to stop the clock and save a life. This special event has something for all age groups. Bring your friends and family and enjoy the day with pre-game activities, praise and worship with Urban Street Level, special guest speaker Vanessa Baker (Christian motivational speaker and former Miss New Jersey who will be speaking on being a leader in your community), breakout sessions with Elizabeth McKee Gore from the United Nations Foundation who will present

**See News Briefs, page 3**

## God's Gift of Grace

*"For by grace you have been saved through faith, and this is not your own doing; it is the gift of God." (Ephesians 2:8, NRSV)*

**O**ne question which United Methodist pastors are frequently asked is, "what is unique about Methodism?" There are, of course, several answers to that question. But, in terms of doctrine and belief, the first response which comes to mind is our understanding of God's grace. All Christian denominations have a theology of grace, but the way John Wesley (our founder) articulated his understanding of grace is unique to Methodism. To my way of thinking, it is the most comprehensive theology of grace in the Christian Church.



A basic definition of grace is: God's unmerited gift of love offered freely. Wesley and Methodists since, have witnessed and spoken of God's grace visible in at least 3 distinct ways: Prevenient, Justifying and Sanctifying. Now, allow me to break down the fancy theological jargon into more relevant terms.

God operates in the world and in our lives before we are even aware of God's existence. God blesses us with life itself, the wonders of creation, family and relationship, the basic necessities of life, our talents and skills. These blessings fall upon all people whether they have faith or not. Prior to any assent of faith and belief, the Holy Spirit is at work in people's lives, preparing our hearts to experience, witness and know the love and power of God at work. God at work, before we are aware or ready to acknowledge God's presence – prevenient grace.

God came among us in a specific manner, present in Jesus of Nazareth. His life and ministry showed us what God is like and was an example of how God intends human beings to live, loving God and our neighbor as ourselves. None of us live up to the expectations and teachings of our Lord. As a result our relationship with God is distant and fractured. Jesus' death and resurrection makes our relationship with God whole once again, offering us faith, new and everlasting life – justifying grace, at work.

**See Pastor Message, page 4**

## June

# U

**Executive Board:** Tues., June 1, 10 a.m., in the Parlor  
**All Circle Covered Dish Luncheon:** Tues., June 1, in the Social Hall. All Women of the Church are invited.

# M

**Trip to see Barbara Story:** Thurs., June 17.

# W

Hughes UMW is still offering Grocery Store Coupons for sale. The sale of these coupons provides us with funds for the scholarships, the cabinets outside the church office and donations to Counting God's Blessings. Please continue to take advantage of this fund raiser.



Photo by Doug Dixon

## Bible Jeopardy With Hughes MYF

On April 25, the Mid and Senior High MYF held their Annual Youth Service. This year's theme was Bible Jeopardy, based on the scripture from John 14:25-26 and 2 Timothy 3:16-17.

The scripture from John 14:25-26 (New Revised Standard Version) reads:

I have said these things to you while I am still with you, but the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all that I have said unto you.

2 Timothy (New Revised Standard Version) says:

All Scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient and equipped for every good work.

These two scriptures reinforce the fact that we are always learning, no matter how old we are or where we are in our life's journey.

The congregation enjoyed playing Bible Jeopardy. Topics included: Name that Hymn; Who is that Disciple?; Bible Stories; Hughes History; Name that Member; and Leaders of the Church.

- Marty Weaver

# Letters

**Luray McHargue wrote:** "Dear Hughes Church Family,

There just are no words that can convey to you just how much your TLC has meant to me during my knee surgery, rehab, and due to rehab mishap, a subsequent hematoma sending me for another week in the hospital. I'm on my way to recovery and your thoughtfulness helped to see me through. All your get-well messages and prayers warmed my soul - like being surrounded by a nice warm blanket. And, then, oh my, here comes your magnificent prayer shawl. Truly, I was and am still overcome with happiness and appreciation for your kindnesses. I shall treasure your glorious shawl, as I treasure all of you.

And, what a gift Carol Whitney is to the church and folks like me. She is a lovely care giver and helped to reassure me along the way.

God blessed me so with Hughes Church and all you wonderful, caring friends. Thank you more than I can ever say."

### HUGHES FAMILY

#### BIRTHS

**April 21**

**Padraig Cooley**

*Parents:*

**Ryan and Germaine Cooley**

*Grandparents:*

**Bob and Gwen Cooley**

#### DEATHS

**May 8**

**George Raphael**  
(former member)

**Funeral in Chapel, June 11**  
**Visitation 9 - 10; Service at 10**

# America Is Aging: Better Living Through Chemistry

By Ken Whitney, Clinical Pharmacist

As part of the aging process, some people experience joint pain and stiffness due to osteoarthritis. The electronic and print media are full of advertisements, trying to sell their products to help relieve the pain, and there are many products now available without a prescription. None of these remedies work for all people who try them, and some suffer side effects which limit the usefulness of the remedy. What do I recommend as the best approach to treating osteoarthritis?

First, avoid the products which don't have evidence that they work well. Avoid topical creams that contain salicylates. They work well for sore muscles, but have no role in arthritis. Products containing glucosamine, chondroitin, or a combination of both are very expensive and have not been proven to reduce arthritis pain sufficiently, although there are some people who benefit to some extent. Creams containing capsaicin are effective for arthritis pain, but many people cannot tolerate the local burning sensation.

I recommend as first line therapy the use of acetaminophen (Tylenol, etc.). I have written about the use of this medication in the past. It is safe as long as it is not used in over-dose or with alcohol, and is made in a formula especially for the treatment of osteoarthritis: Tylenol Arthritis Relief (also available as generic). Two tablets three times a day, about every eight hours, give one 24-hour pain relief and help avoid early morning stiffness.

If acetaminophen does not provide enough relief, the next step is a group of medications called NSAIDs. In this group are medications such as Motrin, Advil, Aleve, Nuprin, and many others. They can be bought without prescription, and should be taken as the packaging instructs, not exceeding the dose limits. This group of medications has some serious draw-backs. Arthritis



sufferers usually have to take them on a daily basis, and this can cause stomach and intestinal pain and/or bleeding. People who have had this bleeding should not take NSAIDs. They also interact with other medications such as blood thinners like warfarin, and either cause high blood pressure or decrease the effect of medications being used to treat it. Also, many elderly patients are hospitalized every year with kidney failure or congestive heart failure due to NSAID use. People who must take these medications should be active in trying to prevent adverse

reactions. Have your blood pressure checked regularly, check with your pharmacist about interaction with other medications you take, and protect your stomach by taking an over-the-counter proton pump inhibitor (Omeprazole, Prilosec, Prevacid, etc.) on a daily basis. Your physician should check your kidney function occasionally. Because of its attendant risks, regular NSAID use should be limited to those who do not benefit from acetaminophen.

Lastly, there are some prescription medications that are beneficial. Voltaren Gel is a gel that is applied to the painful joint. It works well, but since it is an NSAID, the above issues are not entirely avoided. Celebrex is an NSAID that causes less stomach problems, but increases the risk of heart attack, as do many other NSAIDs. Naproxen (Aleve) is an NSAID that does not have this risk. All NSAIDs are available in prescription strengths which may afford better pain relief, but because of the risks, require physician supervision.

## News Briefs, from page 1

background information how you can help eradicate malaria in Zimbabwe and around the world and then cheer on the Washington Mystics basketball team in beating the buzzer. The cost is \$20 per ticket and a portion of each ticket goes towards purchasing a bed net. So little for so much and you can help make the difference.

## Pastor Message, from page 1

Once we come to an understanding of faith, God's Spirit continues to work in our hearts and our lives transforming us from the people we are into the persons God knows we can become. Each day we grow into the likeness of Christ and God's image is re-stamped on our hearts. In a lifelong process of transformation, God's Spirit makes us holy – sanctifying grace, at work.

So what difference does this theology make? If we believe that God is at work in a person's life, even before s/he acknowledges God's existence, our interaction with that person is changed. We are able to see them as one who is "made in God's image," a child of God, even if they do not realize it yet! Our words and deeds are used to build up and help the man, woman or child experience the love of God. When we understand one of God's gifts of grace to be a process of transformation for our lives and the whole world, then we need not become so down on ourselves when we falter and fail. God is at work in us, but not finished with us yet! And the same goes for other people – God's Spirit is molding them, too. Therefore, we can find more patience and be less judgmental.

God's grace – a wondrous, unmerited, free gift of love. Open the gift anew each day. Be open to see, hear and experience the workings of God in the midst of life. Marvel at the gift of faith in Jesus Christ. Have hope for the Spirit continues to make, mold, fill and use us after the example and image of Christ. Amazing grace, how sweet the sound!

# Hughes College Graduates

**Andrew Webb** graduated from the University of Maryland, College Park in December 2009 with a Bachelor of Arts degree in Jazz Studies. He was the bassist in the Jazz Lab Band, and assisted with the Jazz Band. He participated in Jazz Combos and assisted in numerous recitals and other Jazz and Classical performances. While studying at UMD and previously while at Towson University, he played professionally in the greater Washington and Baltimore areas.

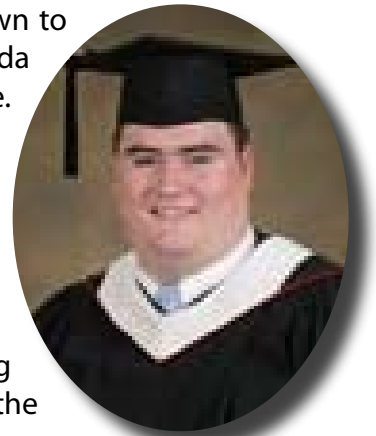


He was accepted into the 257th Army Band, "The Band of the Nation's Capitol," based at Bolling Air Force Base and is currently training in Army boot camp and will go on to Army music school, after which he will take his position in the 257th (National Guard) and will continue to play professionally in other venues in the area.



**Dan Geske** is graduating from York College of Pennsylvania in May with a degree in Theatre. Dan was a very active member of the YCP players (which is the nickname the theatre department gave itself), performing in 11 shows over 2 years, and directing 2 more. He also was a founding member of the York College improv troupe called The Yorktowne Players. He will be returning home to the Washington area to try and get his foot in the door of one of the regional theatres.

**Matt Weaver** will be graduating from Salisbury University this May with a Bachelor of Arts in Communication-Arts. Matt has been involved in SU-TV, the television club on campus. Matt was also on the Dean's List and enrolled in Phi Eta Sigma, the freshman honors society. This fall, Matt will be heading down to the Disney College Program in Central Florida to work in Quick Service Food/Beverage. Matt said that "even though I will be a glorified McDonald's worker, I hope that that will lead to bigger and better things in the huge entertainment conglomerate Disney." Matt plans to go on to the Disney Professional Internship. Matt's dream job would be to work in sports broadcasting in some capacity. Matt wants to thank the church family for their support.



# Capital Funding Campaign Update

## *Counting God's Blessings*

It's hard to believe, but the Counting God's Blessings Campaign is drawing to a close. Time flew by as the Campaign Committee worked hard as they planned the following events centered around this very exciting venture:

- A luncheon in April to kick off the campaign;
- Prayer vigils held in Hughes Chapel, as well as people's homes, in early May to keep the campaign in our thoughts;
- Inspirational testimonies from John Shedd, Claudia Simmons, Gwen Cooley, and George Kilpatrick about the blessings God has poured on them;
- Member visits by the team to ask for your ideas on how we can make Hughes Church one that is renowned for its service to the Wheaton community and for its welcoming family members;
- A celebration following the 10:30 service on June 13 in the Social Hall to mark the end of the campaign. Don't forget to mark your calendars because everyone is invited.



Early results were very promising; even before the general visitation campaign started, pledges from Counting God's Blessings Committee members and other early pledgers totaled \$215,674!

We are hoping and praying for everyone in the congregation to participate, so if you have not yet sent in your card please prayerfully consider how you can support the campaign. If at all possible, please respond as you are able by June 10.

Finally, the Committee could not have embarked upon Counting God's Blessings without our Hughes family. We are grateful for your faithfulness in this endeavor.

By Marty Weaver

# June

<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> <b>9 a.m. Informal Service and Adult Bible Study</b> <b>9:45 – 10:30 Fellowship Time</b> <b>10:30 a.m. Traditional Service</b> <b>12:30 p.m. Spanish Service</b>		<b>1</b> 10 am UMW Exe. Bd (parlor) Noon UMW All Circle Luncheon (Soc. Hall) 6 pm First Place Ex. 7 pm First Place Mtg.	<b>2</b> Loyalty Circle 7:30 pm	<b>3</b> 9:30 am Quilting Gr. (parlor) 1- 3 pm Montgomery Hospice (Parlor)	<b>4</b>	<b>5</b>
<b>226<sup>th</sup> Session of the Annual Baltimore/Washington Conference</b>						
<b>6</b> Confirmation Sunday 11:30 am Blood Pressure Screening	<b>7</b> 5-7 pm Dinner 6 pm Bible Study 7:30 pm Trustees- Parlor 7:30 pm Staff Parish-Conference Room	<b>8</b> 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 SALT meeting	<b>9</b> 10 am Prayer Shawl Ministry	<b>10</b> 1- 3 pm Montgomery Hospice (Parlor)	<b>11</b>	<b>12</b>
<b>13</b> Counting God's Blessings Celebration	<b>14</b>	<b>15</b> 6 pm First Place Ex. 7 pm First Place Mtg.	<b>16</b> UMW Annual Day Trip	<b>17</b> 1- 3 pm Montgomery Hospice (Parlor)	<b>18</b>	<b>19</b>
<b>20</b> 11:30 am Blood Pressure Screening	<b>21</b> 7 & 7:30 Ministry Groups	<b>22</b> 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 SALT meeting	<b>23</b> 10 am Prayer Shawl Ministry	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> 6 pm First Place Ex. 7 pm First Place Mtg.	<b>30</b>	<b>No Monday Night Dinners after June 7 until September.</b>		

**2010**