



Hughes CALLER

Vol. 60, No. 2 March 2009

News Briefs

(Hughes UMC) -- **Hughes will host a Red Cross Blood Drive from 2 - 8 p.m. on March 9, 2009.** Walk-ins are welcome but with an Appointment you will be taken first. After giving blood you will be offered a tray of "HOME MADE" sweet goodies to charge you back up. Please sign up with Deja Lockwood (301-649-5240). **Be a Hero - Give Blood.**

(HughesUMC)--**New Members:** Have you been attending Hughes for a time and discerned that this community of faith is where God is calling you to serve? Or, would you like further information about The United Methodist Church and the ministry of Hughes before deciding to join our church family? We would like to celebrate the reception of new members in the spring. Please contact the church office or Pastor Ken to indicate your interest and we will schedule individual or group New Member Classes at a mutually convenient time.

(B-W Conf.) -- The Baltimore Washington Conference reports that through the cooperation of the Council on Finance and Administration, the Discipleship Council, the leaders of the various boards and agencies and the Conference staff, the Conference **See News Briefs, page 3**

Throughout the scriptures we find references to the number 40. In Bible-speak, this is not necessarily to be taken as a literal 40, but simply means a significant period of time. During the days of Noah it rained for 40 days and 40 nights. The Hebrew people wandered in the desert for 40 years. Moses and Elijah each spent 40 days on the mountaintop. Jesus was in the wilderness for 40 days where he was tempted by Satan. By the time you read this article, we will have entered the liturgical season of Lent, a time of 40 days, plus 6 Sundays, to prepare our hearts to observe the last supper, crucifixion and resurrection of Jesus.

Traditionally, Lent has been a time of repentance, reconciliation and forgiveness. For those who had committed serious sin and separated themselves from the community of faith, they entered into a time of holy reflection and were welcomed back into the church at Easter. In the early centuries of the Christianity, the Lenten season was a time for instruction of new converts prior to their baptism on Easter Sunday. It has also been a time of self-denial, giving up something for Lent, in order that we might focus on the provision of a gracious God and Jesus "giving up" his life for us.

During most of the church year we concentrate on ministry, reaching out to others in the name of Jesus. Lent provides a time for introspection, to focus on our personal faith journey and relationship with God. Through study, prayer, worship, the sacraments, and reflection we examine our hearts and lives. Where have we sinned and fallen short of God's ways? When have we denied, betrayed or abandoned Christ? Have we discerned the presence and leading of the Spirit? Are we separated from the body of Christ? How might we live more boldly and courageously to lift up the reign of God in our day and age? What does it mean to "take up our cross and follow?"

How will you spend your Lenten 40 days this year? I encourage everyone to make a commitment to spend additional time in devotion, study, prayer and service. Here are a few suggestions (this list is not exhaustive): read a chapter of the Bible each day; regularly spend time in silent reflection on Jesus and his will for your life; volunteer at a soup kitchen or shelter weekly; fast one meal or one day per week; read a spiritual, biblical or theological book; give up something which you hold



See Pastor Message, page 3

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Executive Committee: 10 a.m., March 2, in the Parlor, and **10 a.m. March 31**, in the Parlor.

Friendship Circle: Noon, March 3, in the Social Hall. Hostesses: Liz Brigham & Shirley Leyshon.

Loyalty Circle: 7:30 p.m., March 4, in the Church Parlor. Hostess: Deja Lockwood.

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Rummage Sale Set-up: 5-9 p.m., March 18 (covered dish dinner @ 6 p.m.); **9-2 p.m. and 6-8 p.m., March 19; 9-2 p.m. and 6-8 p.m., March 20.**

RUMMAGE SALE: Sat., March 21. Workers start @ 8:30 a.m. Doors Open 9 a.m. through 3 p.m.

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HELP SETTING UP AND ON THE DAY OF THE RUMMAGE SALE. PLEASE CONTACT PAT LAWSON OR ELLEN DURIGG TO VOLUNTEER. DON'T FORGET TO BAKE ITEMS FOR THE BAKE SALE. BRING ITEMS IN ON FRIDAY EVENING OR EARLY SAT MORNING.

There is no General Meeting for March.

Loyalty Circle Service Project

Loyalty Circle will be serving lunch at the Montgomery Avenue Women's Center on Saturday, March 7. They will be preparing chili, salad, corn bread, dessert and tea. The Women's Center provides a day shelter for homeless women in Rockville. If you would like more information or would like to help provide lunch for the Women's Center, call Pat Lawson.

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. On March 15, a large cross will be hung in the Garden Entrance bearing colored stickers identifying needed food items. 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 on pack-up day Sunday, April 5, and delivery day. 9th. Any questions?? Please do not hesitate to call Jill Glixon at 301-598-0589 or Kathy Ripley at 301-565-3604.

"He saith unto him, Feed my sheep." - John 12:16

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Life Skill Classes In Full Swing

After registering 53 students our ESL life skill classes began Feb. 2 and will continue through March 25. For the first time we are offering child care so that students with preschool children can attend. Our teachers this session are Alyce Ammussen, Cindy Ferris, Florine Olmert, Marilyn Hiatt, Jane Folsom, Ellen Durigg, Kathy Ripley, Catherine, Nettles, George and Liz Kilpatrick and Roberto Velazquez.

We were pleased with the results of our efforts last fall. With the \$1700 we received from a Montgomery County grant, we were able to purchase dictionaries and other supplies to supplement the curriculum. Our pre and post-test results, showed an 8.64% increase in test scores across the board, with the highest gains at the lowest level (Level 1, 42%). We believe the accessibility and use of additional materials (books, Xerox copies, commercial materials) was of benefit, but the dedication of our teachers and the support received by the staff and congregation of Hughes contributed to our success even more significantly.

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HUGHES FAMILY

DEATHS

Early February

Mother of Chanderdai Singh
(Nursery Caregiver)

February 4

Helen Frazzitta
(Mother of Marie Moninger)

February 10

Melvin Miller
(Member)

Colleen Campbell (aunt of Kathie Gartrell) wrote: Hughes Members- This past week I received a prayer shawl from your church. What a wonderful, thoughtful gift this is. I can't thank you enough for thinking of me during this difficult time in my life and for including me in your prayers. I use the shawl all the time now and definitely think of it as an angel hug. God Bless all of you.

New Email Addresses In Effect For Hughes Church Leaders

In an effort to streamline communications, email boxes have been established for a number of leaders in the congregation. Hughesumc.org addresses are listed below. Members are asked to use these addresses only for official church business so that church leaders can keep church and personal communications separated. You may begin using these addresses immediately.

admin_council@hughesumc.org – Derrice Deane
businessmanager@hughesumc.org - Marie Bunting
christianeducation@hughesumc.org - Janet Habersham
church_office @hughesumc.org – Laraine Grant
finance@hughesumc.org - George Kilpatrick
missionpastor@hughesumc.org – Rev. Oswaldo Cuevas
parishnurse@hughesumc.org – Carol Whitney
sexton@hughesumc.org – Norman Parker
staff_parish@hughesumc.org – Margie Rohrer
treasurer@hughesumc.org - Dwight French
trustees@hughesumc.org – Tim Gartrell
pastor@hughesumc.org – Rev. Ken Hawes

We have the capability to add more mailboxes, so if you, as a church leader, would like a church mailbox, please contact Rick Ripley (301-565-3604, theripleys@mac.com) or the church office.

News Briefs, from page 1

has reduced the benevolence factor (apportionment) assessed to each church in the conference to 19.5% in 2009. This was the level original targeted for 2012. This will reduce most apportionments by more than 10% ; over the last three years, the benevolence factor has been reduced by more than 20%. This is a significant accomplishment and a demonstration of the conference's commitment to the local church.

(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. Tickets are \$2.00 each. For more information see Liz Brigham or Jan d'Hedouville.

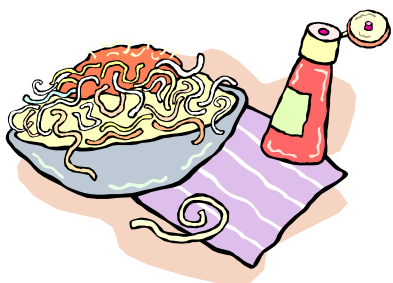
Pastor Message, from page 1

dear and reflect on the meaning of sacrifice; join a small group study; knit a prayer shawl; participate in youth fellowship each week...the list goes on and on. I intend to spend additional time in devotion and prayer.

As we individually commit to deepen our walk with Christ during this holy season, our community of faith will be strengthened. May God's Spirit work within each of our hearts so that these 40 days strengthen our faith to walk in the footsteps of Christ and prepare us to experience anew his resurrection and the new life he brings.

The 15th Annual Hughes Spaghetti Dinner, sponsored by the youth will be on Saturday, March 28, 2009, with continuous serving from 6-8 p.m.

Suggested donations are: \$10.00 for adults, \$4.00 for children 10 & under, and free for ages 5 and under. This is a very popular Hughes tradition. If you're looking for a fun evening out and letting someone else do the work, this is the night for you.



The youth will be selling tickets starting on Sunday, March 8th through March 22nd in the Social Hall. Entertainment will be provided by our very talented youth. Please invite your friends, neighbors, and relatives. This year, you can count on plenty of food (including second helpings), good service, and entertainment for all.

America Is Aging: Better Living Through Chemistry

By Ken Whitney, Clinical Pharmacist

All of our lives, we require an adequate intake of dietary calcium in order to insure proper bone health. As we age, we are less able to absorb calcium from our diet. Therefore, it has been recommended that women always insure that their calcium intake is adequate, but men are also at risk for poor bone health, especially as they age. The end result of poor bone health can be osteoporosis and bone fracture. Low calcium intake has also been associated with hypertension, colon cancer, kidney stones, and obesity.

In order for our bodies to absorb and utilize the calcium, we must also have sufficient vitamin D. A significant percentage of people have been found to be deficient in vitamin D, which can lead to poor bone health, increased risk of certain cancers, and the other results of low calcium.

How much calcium and vitamin D should you take to supplement your diet? If your doctor recommends that you use a calcium supplement, it is recommended that people over 50 years of age consume 1200 mg of ELEMENTAL calcium daily, from both diet and supplement. Do not be confused by the labeling of calcium supplements. Be sure to read the label closely to determine how much ELEMENTAL calcium each tablet contains. Calcium products are available as both generic and branded products. Generic products will tell you which calcium salt is in the bottle. When buying branded products, be sure to read the label carefully to determine which calcium salt is in the product. Here are some hints about the differences in the calcium salts:

Calcium Carbonate: probably the least expensive, and is well tolerated. It has more calcium per dose than other products.

Calcium Acetate: recommended for people taking medication to suppress stomach acid. May be taken on an empty stomach when necessary. Contains less calcium per tablet, so more doses are needed.

Calcium gluconate: contains less calcium per tablet, so more doses are needed.

Calcium lactate: less easily absorbed than calcium carbonate.

Calcium products should be taken with meals. If more than one tablet is needed, break up the dosing so the tablets are taken with multiple meals. Some people prefer the chewable form (such as Tums or generic). Some preparations are also available in liquid, effervescent tablet, and powder forms.

The recommended dose of vitamin D is 800 to 1200 units daily. This is the cholecalciferol formulation, and is available as 400 unit tablets or gelseals. The total dose may be taken once daily, regardless of food. Taking a formulation of both calcium and vitamin D together in one tablet may not provide enough vitamin D for a full daily dose, depending on how many doses are taken per day.



DID YOU KNOW ?

Podcasts of
Pastor Ken's Sermons, Slide shows of
recent events and the week's calendar
are available at
www.hughesumc.org
Check it out !!

From the Editor:

Don't miss out on the color graphics, and additional photos of the electronic *Caller*. Join the more than 75 Hughes subscribers by simply sending an email to theripleys@mac.com or leaving your email address in the Caller Box at the church.

March

2009

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p>1</p> <p>See insert for services 6:30 Sr. Hi MYF</p>	<p>2</p> <p>10 am UMW Exe. Com. 6 pm Prayer Group 6 pm Bible Study 7:30 Trustee Mtg.</p>	<p>3</p> <p>12 Friendship Circle 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball</p>	<p>4</p> <p>1 pm Coffee Klatch 7 pm Life Skills Class 7:30 Loyalty Circle</p>	<p>5</p> <p>6:15 Chancel Bells 7:30 Chancel Choir</p>	<p>6</p>	<p>7</p> <p>9 am Women's Meeting (Parlor)</p>
<p>8</p> <p>See insert for services 11:30 Blood Pressure Screening 6:30 Sr. Hi MYF</p>	<p>9</p> <p>2 p.m. Blood Drive – Hughes Church 6 pm Prayer Group 6 pm Bible Study</p>	<p>10</p> <p>6 pm First Place Ex. 7 pm Finance Com. 7 pm First Place Mtg. 7:30 pm SALT 7:30 Adult Basketball</p>	<p>11</p> <p>10 am Prayer Shawl Mtg 1 pm Coffee Klatch 7 pm Life Skills Class</p>	<p>12</p> <p>6:15 Chancel Bells 7:30 Chancel Choir</p>	<p>13</p>	<p>14</p>
<p>15</p> <p>See insert for services 6:30 Sr. Hi MYF</p>	<p>16</p> <p>No Ministry Groups 6 pm Prayer Group 6 pm Bible Study</p>	<p>17</p> <p>6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball</p>	<p>18</p> <p>5 pm Rummage Set-up 6:30 UMW/UMM Din. 1 pm Coffee Klatch 7 pm Life Skills Class</p>	<p>19</p> <p>9-2 & 6-8 Rummage Sale Set-Up 6:15 Chancel Bells 7:30 Chancel Choir</p>	<p>20</p> <p>Rummage Sale Set-up</p>	<p>21</p>  <p>9 – 2 Rummage and Bake Sale</p>
<p>22</p> <p>See insert for services 11:30 Blood Pressure Screening 6:30 Sr. Hi MYF</p>	<p>23</p> <p>6 pm Prayer Group 6 pm Bible Study</p>	<p>24</p> <p>6 pm First Place Ex. 7 pm First Place Mtg. 7:30 pm SALT 7:30 Adult Basketball</p>	<p>25</p> <p>10 am Prayer Shawl Mtg 1 pm Coffee Klatch 7 pm Life Skills Class</p>	<p>26</p> <p>6:15 Chancel Bells 7:30 Chancel Choir</p>	<p>27</p> <p>Spaghetti Dinner Prep (Kitchen)</p>	<p>28</p>  <p>6-8 pm Spaghetti Dinner</p>
<p>29</p> <p>See insert for services</p>	<p>30</p> <p>10 am UMW Exe. Com. 6 pm Prayer Group</p>	<p>31</p> <p>6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball</p>	<p>Sunday services: 9 a.m. Contemporary Service and Adult Bible Study; 10:30 a.m. Traditional Service; noon Spanish Service; 9:45 a.m. Fellowship in the Social Hall; 10:30 a.m. Nursery/Sunday School for all youth. Monday evening music classes: 6 p.m. Bell Choir; 6:30 p.m. Wesley & KICK Choirs; & 7 p.m. Instrumental class. Monday Night Dinner: 5 – 7 p.m. Social Hall.</p>			