



Hughes CALLER

Vol. 61, No. 2 March 2010

News Briefs

Giving Cross. Easter is just around the corner and once again Hughes UMC will partner with the TESS Center to help four families who are especially in need of spiritual and financial help during these hard times that America and the world are facing. On March 8, 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, March 28. 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 1. Help is needed on pack-up and delivery days. Call Jill Glixon or Kathy Ripley with any questions. "He saith unto him, Feed my sheep." - John 12:16

Community Yard Sale. On Saturday, May 15, between 9 a.m. and 2 p.m., 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

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A Journey of Discipleship with Christ

We have entered Lent, the most solemn season of the Christian calendar. Traditionally, Lent has been a time for self-examination and prayer, offering an opportunity to reflect on how faithfully we are living out Jesus' call to discipleship. Following as a disciple of Christ is multifaceted and a lifelong journey of faith. Let us consider for a moment some aspects of Christian discipleship.

Christ's disciples worship God with their whole heart. Worship is central to what we do as God's people. In worship we give our thanks and praise for all of the blessings in our lives and open our hearts and lives to the Spirit's presence in our midst. Scripture, song, sacraments, the word proclaimed, anthems and sharing in community help bring us into the presence of God, discern the Spirit's leading in our hearts and help us grasp and live into God's vision of the future. While Christian worship is primarily a communal experience we offer praise and worship each day in prayer and in the joy with which we live our lives.

Christ's disciples seek and participate in Christian community. Many spiritual writers have exclaimed, "a solitary Christian is a contradiction of terms." Community celebrates the bonds of love and fellowship we find in the Spirit. Together we find comfort and strength, love and peace, friendship and companionship. As a team with a variety of gifts we are able to accomplish much more in ministry than we could ever do by ourselves.

Disciples grow in knowledge of our Lord Jesus Christ. As we individually and collectively experience the presence of Christ we are drawn into deeper exploration of our faith. In prayer we communicate with God, speaking openly of our deepest yearnings while listening for the Spirit's thunder or whisper upon our souls. Through Bible and spiritual reading we gain a deeper appreciation and understanding of



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March

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Friendship Circle: Tues., March 2, 11:30 a.m., in the Social Hall.

Loyalty Circle: Wed., March 3, 7:30 p.m., in the Parlor; Hostess: Florine Olmert

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On Saturday, March 6, Loyalty Circle will take a meal to the Montgomery Avenue Women's Center. Call Eloise Woods at 301-649-1887 if you would like to help.

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Blood Drive at Hughes: Monday March 8. Baked goods are needed – call Deja Lockwood to volunteer.

Rummage Sale: Saturday, March 20. Set up days - March 17 (pot luck dinner), March 18. and 19.

Letters

Anne Kredell wrote: "Dear Reverend Hawes, As I pack and prepare to move from Kensington, I think of the special times in my life. From the first Sunday in 1994, when I parked in the FIRST TIME VISITOR parking space, and Florine Olmert took us by the hand into the church, through 2008--these were very special years.

Rithy, Kevin, and Phavann were 9, 5 and 4 years old when we were so warmly welcomed by the Hughes church family. Soon thereafter it was the sacrament of Baptism with Pastor Rife, Reverend Allen and Alyce Amussen who sponsored them. It was the choirs--Rainbow, elementary, middle and high school (KICK); bells with Sharon Skinner (aka Slasher); Sunday School, Christmas pageants with Marie Bunting, spaghetti dinners, youth services and Camp Hope with Doug Dixon.

So many years with so many warm, caring people; so much laughter and a few tears shared with church family and Carol Whitney.

I wish I could name every person individually, but that is not possible--there isn't enough paper

in a ream to do so! Please know that I think of you often, I cherish your friendship, I love you--and--thanks for the memories!"



As many of you know, Kathleen Masters moved from Bluefield, VA and her assignment as Director of the "Mary's Cradle" ministry to accept a position in New York City with the UMC Board of Global Ministries. In early February, Susan Odell delivered donations from Hughes UMC to "Mary's Cradle" and had the opportunity to meet the new director, Frances Coffey. In mid-February, Frances wrote to the church: "Thank you for the clothing and the blankets. We have already put some out to be shared with the families that come in. We served over 1,000 in 2009 and have served several already this year. We appreciate your thoughtfulness."



Susan Odell wrote: "I can never thank you enough for the many prayers, cards, e-mails, and caring words of comfort that you have given during the time surrounding the death of my father, Leon Lambert. He and my mother, Ivy Lambert, have been listed in our "Altar of Prayers" for quite some time and I know you prayed for

them as strongly as you do for those people you know personally. Even without knowing my dad, several people have regularly inquired about his health over the years. Those questions and the concern on your faces have meant so much and I remain grateful for your love and support. Please continue to pray from mom as she goes through this very difficult transition; they were married just over 62 years. I truly have felt the strength and peace from your prayers as I was helping care for my dad and the feeling of comfort remains. May God continue to bless you and your families."



The Washington Region Team wrote: "Thank you so much for your generous gift to the HOPE Fund during the time of the campaign. We know that this represents second-mile giving on your part and we acknowledge the grace in which such gifts are given.

When we made our appeal to finish that which we had begun, we did so in faith that you would respond, but we did not know the extent of the generosity of your hearts! We are happy to report to you that we met our goal of \$1 million...and exceeded it!

This means that people of the Gulf Coast, people receiving help from the World AIDS fund, and our brothers and sister in Zimbabwean Methodist Churches have all been blessed by our generosity. When we open our checkbooks in the same measure that we open our hearts, the world is changed from hopeless to hope-filled.

Thank you for making this all possible. We are privileged to serve Christ with you."

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how God works in the world and touches human lives with grace, love and peace. As we join together for small group studies we are able to hear the perspectives of our friends and neighbors, which enhances our own spiritual journeys.

Jesus' disciples serve our neighbors with compassion. While it is important that we make cash donations to various ministries and agencies, it is hands on, face-to-face serving ministries which help to build relationships with our neighbors and display most clearly the love of Christ. Volunteering at the soup kitchen, food bank or shelter, being part of a Habitat for Humanity or Volunteer in Mission team are major commitments to service in Christ's name. Compassionate service can also be much more simple. Helping a neighbor with grocery shopping or rides to the doctor (and church!), shoveling snow for a stranger, opening our homes to a neighbor who has no heat are just a few possible acts of kindness which allow others to witness the love of Christ through our presence.

Disciples of Christ are good stewards of all our resources. God pours blessings into our lives each and every day. Our resources include our time, our skills, talents and spiritual gifts, our financial resources, God's wondrous creation, and so much more. Using our resources to the glory of God, to continue the work of Christ is an act of gratitude and service.

Jesus' disciples are open to the presence, power and work of God's Spirit in our midst. God touches our hearts each and every day in ordinary and extraordinary ways. Recognizing the Spirit's presence in nature, the touch of Christ in an embrace, the power of the Spirit at the table, reminds us that we are never alone. Experiencing God in the midst of life helps us to discern the Spirit's leading along our life's journey and gives us hope in Christ's future.

Christ's disciples tell others how God has touched and affected our lives. Sharing our experiences of God with family, friends, colleagues and fellow sojourners in faith helps spread the Good News, as well as offers an invitation for others to build a relationship with the Lord. The Christian faith is always one generation away from extinction. Telling others how our lives have been touched by God helps to grow the Kingdom of God and each Christian believer is asked to do our part for Christ's sake.

As individuals, uniquely blessed and gifted by God, we will each have our strength and passion among these facets of discipleship. Through meditation and prayer we discern where God is calling us to deepen our relationship and take a courageous step of faith to grow in a new direction. Take time this Lent to see where Christ is leading. Commit to attending and participating in worship. Seek fellowship with other believers. Grow in understanding and knowledge of God. Serve with compassion. Share generously. Open your heart, mind and soul to the Spirit's leading. Tell others about the wonders of God's work in the world. May our walk of discipleship and relationship with Jesus become deeper and stronger so that we may encounter the Risen Christ with a renewed sense of joy and purpose this Easter.

Precautions for Census

For years, Better Business Bureau has educated consumers about not giving out personal information over the telephone or to anyone who shows up at their front door. With the U.S. Census process beginning, BBB advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft.

"Most people are rightfully cautious and won't give out personal information to unsolicited phone callers or visitors, however the Census is an exception to the rule," said Steve Cox, BBB spokesperson.

"Unfortunately, scammers know that the public is more willing to share personal data when taking part in the Census and they have an opportunity to ply their trade by posing as a government employee and soliciting sensitive financial information."

The Census data will be used to allocate more than \$300 billion in federal funds every year, as well as determine a State's number of Congressional representatives. Households are required by law to respond to the Census Bureau's request for information.

During the U.S. Census, households will be contacted by mail, telephone or visited by a U.S. Census worker who will inquire about the number of people living in the house. Unfortunately, people may also be contacted by scammers who are impersonating Census workers in order to gain access to sensitive financial information such

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America Is Aging: Better Living Through Chemistry

By Ken Whitney, Clinical Pharmacist

The American public spends many of its healthcare dollars treating Gastroesophageal Reflux Disease (GERD, "heartburn"). GERD occurs when the stomach produces large amounts of acid, and the acid is refluxed into the esophagus, producing symptoms of "heartburn". Over time, the lining of the esophagus can become eroded. In this case, the symptoms are those of "erosive esophagitis". Also, erosion of the linings of the stomach and intestine by stomach acid can lead to ulcers and resulting ulcer symptoms.

Today, the most popular treatment for GERD or ulcers is the use of Proton Pump Inhibitors (PPIs). These drugs include (generic name) Omeprazole, Lansoprazole, Pantoprazole, Rabeprazole, and Esomeprazole. Omeprazole is sold over-the-counter, and Lansoprazole will be in the very near future. These medications are very expensive, so education concerning the best ways to use them to get the optimal benefit and outcome is in order.

First, to get the best bang for your bucks, lifestyle changes to help prevent GERD symptoms should be adopted so that you are not fighting against the medications. These changes include: avoid eating two to three hours before bedtime; reduce alcohol consumption; stop smoking; if overweight, lose weight; avoid caffeinated beverages, chocolate, and peppermint; elevate the head of your bed four to six inches.

Which of the medications is

the best? All of them are equally effective when taken in equivalent dosage, so purchase the one which for you and your insurance plan is the cheapest.

For optimal effect, PPIs should be taken 30 to 60 minutes before a meal, preferably breakfast. Some relief may be experienced the first day, but complete relief from symptoms may take four days. If you have erosive esophagitis or ulcers, complete healing may take weeks or months. What about the people who remain symptomatic with a once daily PPI regimen? Adding a second daily dose, again 30 to 60 minutes before another meal, may help. Taking a PPI at bedtime usually does not help, but taking a PPI before breakfast and a medication like Pepcid or Zantac at bedtime has been found to work well if nighttime symptoms remain a problem.

Once a person becomes symptom-free or heals the erosions, they may need further therapy to stay symptom-free. Some need daily therapy, and some can use on-demand therapy. On-demand therapy means that when symptoms reoccur, medication is resumed daily until the symptoms resolve. Of course, this is a less expensive than daily therapy, but doesn't work for everyone.

What else should one know about taking these medications? PPI's can reduce calcium absorption, which can be critical if one takes calcium to prevent or treat osteoporosis. Take a calcium CITRATE supplement if you need to take both calcium and a PPI. Everyone

should be sure to increase calcium intake if they take a PPI chronically. Also, absorbing Vitamin B12 may be problematic, so taking a vitamin high in B12 can be helpful. Recently, a drug interaction with Plavix has become controversial. Plavix is used to prevent heart attack and stroke in some people, and it may become less effective if taken with some PPI's, as well as with the antacid drug Cimetidine (Tagamet). This interaction is not yet well understood, but the best advice to date if you take Plavix is to avoid taking PPIs if possible by using other classes of antacid medications. If you must use a PPI, avoid Omeprazole and Esomeprazole. The best choice right now is Pantoprazole, but that may prove to be problematic also.

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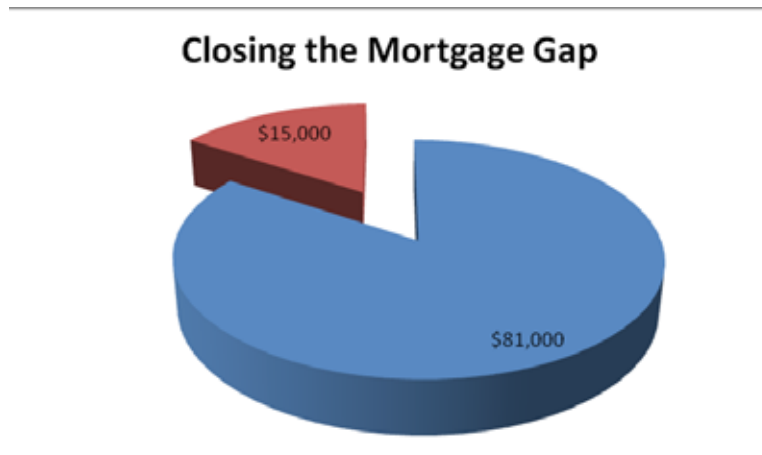
bargains to bargain hunters and by "recycling" items that may no longer be of use to one person. Outdoor and indoor spaces will be "rented" at a nominal fee to members of our community and, of course, to members of our congregation, who will keep the proceeds of their individual sales. Breakfast and 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, or Jan d'Hedouville.

Hughes Financial Report: A Look Back and a Look Ahead

Operating Funds

The year 2009 ended on a relatively good financial note for Hughes. Strong income in November and December brought the church's operating income for the year well above expenditures. As a result, Hughes was able to make a final large payment on apportionments as the year ended, and all other bills were paid up to date. We ended up paying 52% of our apportionments for 2009, an improvement over 2008. Even after that payment, we also had about \$20,000 in reserve funds available at the end of 2009. The good news is that, because of the money that was available at the end of 2009, we will be able to absorb quite a bit of this winter's snow plowing costs without catastrophic damage to the 2010 operating budget.

Our 2010 operating funds year got off to a relatively promising start in January despite inclement weather. We once again do not have a balanced budget this year; projected expenditures minus projected income leaves a "faith gap" of about \$56,000, a little less than last year's \$61,000 gap at the beginning of the year. As was the case last year, any such gap will be addressed by withholding apportionment payments as necessary. We know that many are disappointed by our inability to continue Hughes' proud 60-year history of paying all of its apportionments. Since apportionments are our fair share to fund the ministry of the conference and denomination, we will be seeking ways to address making apportionment payments in the months and years ahead.



Our interim capital campaign for the period June 2009 through May 2010 provided capital fund income sufficient to make all mortgage payments on time through 2009, and on-time payments were also made in January 2010. However, the remaining money pledged for our one-year interim campaign through May 2010 will not be sufficient to make the mortgage payments. It is anticipated that Hughes will have to identify about \$15,000 in additional income above pledges currently outstanding between now and May to make all mortgage payments. Recently a letter was sent to the congregation giving more detail about our alternatives for providing these additional funds and encouraging the congregation to assist in closing the gap if possible.

As we work to manage our current capital funds situation, we are aware that we need to have a longer-term capital funding plan in place to pay our mortgages beyond May 2010. The Finance Committee recommended and the Administrative Board has approved a 4-year internally run Capital campaign, which will be conducted over the next few months in an attempt to raise \$400,000, the amount needed to make our mortgage payments for the period June 2010 through May 2014. The 4-year period was chosen this time because it will get us to the point when our older mortgage will be paid off (in early 2014) and our mortgage payment requirements will decrease by about 40 percent. The campaign committee is beginning work at this time, and the congregation will be hearing much more during the next few months.

The congregation is asked to be in prayer for Hughes and its ministries as we continue our journey in faith and discipleship, giving glory and thanks to God in all things.

United Methodist Women 2009 SPECIAL PROJECTS FINANCIAL REPORT

Rock Group	300.00
Cards & gifts for College Kids (2 different Holidays)	235.00
Camp Hope	300.00
Bd. Of Child Care Aux. Summer Activities	200.00
Church Women United Breakfast & Lunch	44.99
Cross for Vera	16.00
Donation to Mother's Kits	125.00
Deposit to Cozy Inn	200.00
Bags for Asbury Gifts	13.79
Prayer Shawl Ministry	100.00
Wesley Seminary Guild (Weekend Meals)	150.00
Asbury Christmas Stamps	150.00
HUMM (2 donations)	680.00
Christmas Dinner (Cozy Inn)	1,333.25
Gabriel's Network	50.00
Giving Tree	200.00
Mary's Cradle	200.00
Pastor's Fund	500.00
Meals on Wheels	200.00
Crossway Communities	200.00
Chamber of Commerce/Holiday on Duty	250.00
Shepherd's Table	200.00
Scott's Run Settlement House	100.00
Bd. Of Child Care Auxiliary	200.00
Mont. Interfaith Works	300.00
Wheaton Rescue Squad	100.00
Susanna Wesley House	100.00
Asbury Guild	100.00
Wesley Seminary Guild	100.00
MYF	200.00
Norman Trott Scholarship Fund	200.00
Office Staff Christmas Gifts	200.00
Donation toward Office Paper	150.00
TOTAL	\$7,398.03

Census, from page 3

as Social Security, bank account or credit card numbers.

Question is – how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

If a U.S. Census worker knocks on your door, they will have a badge, a

handheld device, a Census Bureau canvas bag and a confidentiality notice.

Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

Census workers are currently

only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census.

While the Census Bureau might ask for basic financial information, such as a salary range, it will not ask for Social Security, bank account or credit card numbers nor will employees solicit donations.

Eventually, Census workers may contact you by telephone, mail or in person at home.

However, they will not contact you by e-mail, so be on the look out for e-mail scams impersonating the Census.

Never click on a link or open any attachments in an e-mail that are supposedly from the U.S. Census Bureau.

HUGHES FAMILY

DEATHS

January 22

**Leon Lambert
(father of Susan Odell)**

January 23

Bob Staten (member)

February 11

**Ruth Woyan
(grandmother of Rick Ripley)**

February 12

Johnnie Moore (member)



February 16

**Ethel Sargent
(mother of Delores Varner)**

February 18

**Bernard Spahn
(father of our Church
Secretary, Laraine Grant)**

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 10 am UMW Exe. Bd. 5-7 Dinner (Soc Hall) 6 Bible Study 6-7:30 Youth Choirs 7:30 pm Trustees	2 11:30 Friendship Cir. 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball 7:30 Cap.Campaign Com.	3 1 pm Coffee Klatch 7 pm Life Skills Classes 7:30 Loyalty Circle	4 6:15 Chancel Bells 7:30 Chancel Choir	5	6 9-1 Healthy Lifestyle Class (Soc Hall) 6-8 pm Spaghetti Dinner
7 11:30 Blood Pressure 4:15 pm Confirmation Class 6 pm - MYF	8 2-8 Blood Drive-Hughes 5-7 Dinner (Soc Hall) 6 Bible Study 6-7:30 Youth Choirs 7:30 pm Staff Parish Com	9 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 SALT 7:30 Adult Basketball	10 10 am Prayer Shawl Ministry Group 1 pm Coffee Klatch 7 pm Life Skills Classes	11 6:15 Chancel Bells 7:30 Chancel Choir	12	13 9-1 Healthy Lifestyle Class (Soc Hall)
14	15 5-7 Dinner (Soc Hall) 6 Bible Study 6-7:30 Youth Choirs 7 Worship/Education 7:30 Ministry Groups	16 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball	17 1 pm Coffee Klatch Rummage Sale Set-up and Pot Luck Dinner 7 pm Life Skills Classes	18 Rummage Sale Set-Up 6:15 Chancel Bells 7:30 Chancel Choir	19 Rummage Sale Set-Up	20  9 – 3 Rummage and Bake Sale
21 11:30 Blood Pressure 4:15 pm Confirmation Class 6 pm - MYF	22 5-7 Dinner (Soc Hall) 6 Bible Study 6-7:30 Youth Choirs 7:30 pm Adm. Bd.	23 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 SALT 7:30 Adult Basketball	24 10 am Prayer Shawl Ministry Group 1 pm Coffee Klatch 7 pm Life Skills Classes	25 5:30 Hospice Grief Support Group 6:15 Chancel Bells 7:30 Chancel Choir	26	27
28  Palm Sunday Cantata: The Weeping Tree	29 5-7 Dinner (Soc Hall) 6-7:30 Youth Choirs 6 pm Bible Study	30 6 pm First Place Ex. 7 pm First Place Mtg. 7:30 Adult Basketball	31 1 pm Coffee Klatch 7 pm Life Skills Classes	Sunday services: 9 a.m. Informal Service and Adult Bible Study; 10:30 a.m. Traditional Service; 12:30 p.m. Spanish Service; 10:30 a.m.		2010