



# Hughes CALLER

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## News Briefs

### **TESS Back to School Project:**

Help the TESS Center collect Back-to-School items for their clients. We will have a large box near the church office to collect any school item you may want to donate. Collection will occur between Aug. 1 and Aug. 29. We are collecting notebooks, binders, backpacks, pencils, pens or anything else to help those in need. Questions: call Kathy Ripley at 301-565-3604.

**United Methodist Men:** The first fall meeting will Wednesday, September 15 at 6 p.m. in the Social Hall. Come and fellowship over dinner and hear our annual report of the Camp Hope mission. All men of the church are invited.

**Homecoming Weekend:** Sat., September 11: Covered Dish Supper and Hymn Sing – 5 p.m. Sun., September 12: 1 worship service at 10:30 a.m.

**Hughes Phone System:** A new phone system has been installed and is up and working. The church staff now have their own voice mailboxes: Marie Bunting, - ext. 10; Laraine Grant (and general messages) ext. 11; Pastor Hawes - ext. 12; Carol Whitney - ext. 13; Pastor Rivera - ext. 16.

## Summer Notes

I hope and pray you are all enjoying a restful and peaceful summer. Usually, my monthly column covers one theme in depth. But, this month allow me to briefly raise several important issues.

**Mission, Vision and Values:** at our May meeting, the Administrative Council adopted a new mission, vision and values statement for the congregation. Thank you to everyone who worked so diligently to discern God's leading in the process and craft a statement which defines who we are and who we are becoming under the guidance of the Holy Spirit. As a first introduction to the whole congregation, my summer sermon series is based on our mission, vision and values. In the fall, leaders will begin crafting goals and objectives so that we can work toward fulfilling God's vision for Hughes. If you would like a copy of the mission, vision and values statement, please contact the office and we will send one to you.



**Welcome Pastor Evelyn!** Our new associate pastor, Evelyn Rivera, began ministry among us on July 1. While Pastor Rivera's primary responsibility is to lead our El Buen Samaritano congregation, she is a leader for the whole Hughes congregation as we "reflect the face of Christ to all whom we encounter."

**Homecoming Weekend:** As the fall schedule gets underway, plans are underway to celebrate homecoming at Hughes. We seek to reconnect and rebuild relationships with our members who have become inactive in the life of the church. Contact will be made with members who have been unable to attend church activities in recent months and years and invitations to the weekend's activities will be delivered or sent. On Saturday evening, September 11 we will gather in the social hall for a covered dish supper at 5 p.m. Following supper we will move to the sanctuary for a Hymn sing, led by our organist Van Knauss. On Sunday, September 12 we will hold 1 worship service at 10:30 am so that all of our members can join together as one family in Christ.

**See Pastor Message, page 2**

## Summer

U

**UMW Executive Committee** – 10 a.m., Mon., Aug. 30, in the Parlor

M

**Loyalty Circle** – 7:30 p.m., Wed., Sept. 1, in the Parlor; Hostess, Betty Sobers

**Friendship Circle** – 11:30 a.m., Tues., Sept. 7, at the home of Helen Wilson

W

**General Meeting** – 9:30 a.m., Wed., Sept. 15, in the Parlor

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.

## Letters

**Sulabha Gadre wrote:** "My husband, Mohan, had the aortic valve replacement surgery on April 29 at the Washington Hospital Center. He was in the hospital for one week followed by one week stay the National Rehabilitation Center. We are grateful to Pastor Hawes and Carol and Ken Whitney for their visits to him during that stressful time. Our church members also reacted to the news of Mohan's surgery with Get Well cards as well as telephone calls asking us if we needed any help. We are grateful for their concern. When Mohan returned home, Carol visited him with a beautiful prayer shawl which Mohan uses every day.

"We thank all of you for standing by us during this difficult time."

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**Lydia Skinner wrote:** "Thanks to my Hughes Family for the many cards and greetings I received during my stay at Shady Grove Hospital and the Wilson Healthcare Center. My knee surgery went well and I'm now having therapy 3 times a week for 4 weeks at the Rehab

Center here at Asbury. Things are going well! However, the sessions are quite a 'work-out'!

"A special thanks to Dottie Anderson and the Prayer Shawl Committee for the beautiful shawl. I will treasure it always!

"I appreciated the visits from Rev. Hawes, Carol Whitney and others who stopped by. Sharon and Donald appreciate your thoughtfulness and caring, too.

"Again, many thanks. You all have been so wonderful. I will always cherish my many years at Hughes as well as my Hughes family!

"God's Blessings to All."

### HUGHES FAMILY

#### DEATHS

**May 30**  
**Sal Pratt**  
(Mary Duvall's Aunt)

**June 22**  
**Paul Joyner**  
(Husband of Amri  
Father to Paul and Miles)

**July 16**  
**Rose Long**  
(member)

### Pastor Message, from page 1

If you are able to assist with planning the supper, please contact Alyce Amussen. Help is also needed to contact members via telephone or home visit. To be part of the contact team please contact Susan Odell or me.

We hope and pray our homecoming celebrations will remind all of us of the importance of our spiritual home in Jesus Christ and strengthen our relationships with one another in our Christian family.

**Summer Vacation:** Nancy and I will be on vacation Monday, August 23 - Sunday, September 5. We will be visiting Glacier, Yellowstone and Grand Teton National Parks. Emergency pastoral coverage will be arranged and announced in the bulletin and telephone answering system. Worship will be led by Susan Odell on Sunday, August 29 and Uday Gudipally (9 a.m.) and Pastor Rivera (10:30 a.m.) on September 5.

**Two minor requests:** First, if you attend worship while you are on vacation this summer, please remember to bring me a bulletin from the service, as I like to see what other churches are doing. Second, if you read any good books over the summer, let me know the author and title – I'm always up for a good read.

Have a blessed and restful summer!



# America Is Aging: Better Living Through Chemistry

By Ken Whitney, Clinical Pharmacist

Summer is upon us, and time in the sun is popular once again, after a cold and snow covered winter. I thought this would be a good opportunity to reprint a discussion of sunscreens. There are two classes of the sun's rays affecting our skin: UVA and UVB. UVB rays cause the familiar sunburn, while UVA rays cause skin aging and skin cancer, but no visual sunburn. In the past sunscreens have promoted protection against UVB sunburn, but UVA protection is now receiving greater attention.

A sunscreen's ability for protection from UVB sunburn is measured as SPF, and appears as the relative numbers 15, 30, 50, etc. What do these numbers mean? They are a measure of how much longer one may remain in the sun without sunburn than if one applies no sunscreen at all. For instance, if one sunburns in 10 minutes without sunscreen, then if SPF 15 is applied, it will take 150 minutes to burn. If SPF 30 is applied, the same person will burn in 300 minutes; and if SPF

50 is applied, in 500 minutes. There is no evidence that SPF above 50 offers any additional benefit.

Sunscreens will now appear on the market which contain ratings against UVA as well as UVB. They



will have 1, 2, 3, or 4 stars indicating low, medium, high, and highest UVA protection. Sunscreens with both UVA and UVB protection should be labeled as "broad spectrum".

Water resistance is another issue. Ratings for water resistance refer to how long the product is effective during swimming, heavy sweating, etc. A product rated "water resistant" will last for about

40 minutes of water exposure. "Very water resistant" will last about 80 minutes of water exposure.

No matter what product one chooses, proper application is key. Sunscreens should be applied about 20 minutes prior to sun exposure, and it should be reapplied every 2 hours. Apply 1 teaspoonful per body part, or 1 ounce for the entire body. If less is applied, there will be less protection.

If sunscreen is applied along with an insect repellent, avoid buying a combination product. The sunscreen must be applied more often than the repellent. Use separate products, applying the sunscreen first and the repellent after it.

Lastly, many medications we take may cause photosensitivity, resulting in higher sensitivity to the sun's rays. This situation calls for a broad spectrum sunscreen. See Parish Nurse, Carol Whitney, for a handy chart about medications which may cause photosensitivity.

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## DO YOU KNOW YOUR HYMN ?

Dentist's Hymn -- Crown Him with Many Crowns  
Weatherman's Hymn -- There Shall Be Showers of Blessings  
Contractor's Hymn -- The Church is One Foundation  
Tailor's Hymn -- Holy, Holy, Holy  
Golfer's Hymn -- There is a Green Hill Far Away  
Politician's Hymn -- Standing on the Promises  
Optometrist's Hymn -- Open My Eyes That I Might See  
IRS Agent's Hymn -- I Surrender All  
Gossip's Hymn -- Pass It On  
Electrician's Hymn -- Send The Light  
Shopper's Hymn -- Sweet Bye and Bye  
Realtor's Hymn -- I've Got a Mansion Just over the Hilltop  
Massage Therapists Hymn -- He Touched Me  
The Doctor's Hymn -- The Great Physician

Source: <http://www.facebook.com/topic.php?uid=6178633249&topic=11724> or <http://stoned-campbelldisciple.blogspot.com/2006/11/know-your-hymns-dentists-hymn.html>

Submitted by Mary Duvall

# Capital Funding Campaign Update

## *Counting God's Blessings*

All major operational phases of the 4-year Capital Fund campaign "Counting God's Blessings" have now been completed. As of the time this article was written, total contributions and pledges to the campaign were about \$340,000 toward our goal of \$400,000, with pledges and contributions still being received. When further anticipated pledges and contributions are received and responses to the campaign abate, a final total result for the campaign will be announced. Even then, the total support for the campaign will not be truly final, because the Capital Fund committee intends to give new arrivals to the church during the next 4 years the opportunity to join with us in supporting Hughes' church mission and ministries through the Capital Fund effort. We intend to continue our efforts toward our primary goal of getting as close as possible to 100 percent congregational participation in the campaign, whether through pledges, one-time gifts, or by whatever means.



Thank you to the Capital Fund Committee, led by Chairman Bob Cooley and including Ima Akpaete, Marie Bunting, Marianne Capachionne, Ellen Durigg, Dwight French, Pastor Ken Hawes, Marge Kumaki, Pat and Del Lawson, Bob Piersma, Claudia Simmons, Sharon Skinner, and Marty Weaver, who have worked hard and done a wonderful job in leading the campaign and keeping the focus on the spiritual side of this program. Additional thanks go to the many other congregation members who served as visitors, gave prayer support during the May 1 prayer vigil, helped provide and serve excellent refreshments during campaign events, served as lay speakers during Sunday services in April and May, and provided support in many other ways, both visible and invisible, over the past few months.

Most important, thanks to the congregation as a whole for both support, in terms of both material resources and the comments you have provided from the survey included with this campaign. Your input to this program continues to move Hughes Church forward in its mission to make Christian disciples and present the face of Christ to all whom we encounter.

~ Dwight French