

HUGHES CALLER



July-August 2017 Edition

Pastor Ken's Column



If you are like me, you have watched with increasing horror this summer as violent attacks have sprung up all over the globe. Republican members of congress, attacked while practicing for their annual baseball game against the Democrats, is merely the latest of a long series. We hold Representative Scalise and the other victims in our prayers and hope for that day when violence will be no more and Christ's reign of peace will be fully established.

The United States has always been a violent culture, from the gun-slinging west to Vice-Presidential candidates facing each other in a duel, but this summer has been particularly brutal, not only in this country, but around the world. Manchester, London, Portland, College Park and now, Alexandria. As of mid-June, 159 murders in 163 days have occurred in Baltimore, prompting some to call for the National Guard to help restore order. Add numerous shootings and attacks in Chicago, along with a long list of recent violent episodes and our hearts break at continual acts of terror and murder in our midst. As violent attacks become part of the everyday news cycle, our emotional response can too easily become numbness and our intellectual reaction begins to understand violence as part of the norms of human existence. We cannot allow our minds and hearts to ignore the bloodshed, pain and heart-ache among us.

I am a firm supporter of common sense reform of our gun laws. But, looking back on recent mass murders or terrorist attacks, most perpetrators have purchased their weapons legally. While I am not saying reform should not happen, there needs to be a deeper approach so that systemic change can happen.

First, it is vital that we teach our children, from the cradle, to value human life. We are all created in God's image and everyone is loved by God. We tarnish that image with our indifference and sin, but the image of God upon us cannot be erased. God continues to love us, in spite of our actions. Too often we demonize those who disagree with us, thereby making it easier to dismiss, belittle and enact violence toward them. When we are able to view each other as beloved children of God, created in God's image, it becomes more difficult to do physical harm to one another.

Second, it is important to understand the struggles and pains of our brothers and sisters. Too often, people find themselves in seemingly powerless situations, so they resort to violent actions in order to call attention to the pains and struggles they face.

A couple of summers ago, during the Sandtown riots in Baltimore, United Methodist Church leaders and local gang leaders sat down together to talk and listen. For certain, many of the issues still remain, but the respect gained for each other in those dialogues has helped to ease tensions and maintain a sense of calm.

Gratefully, Wheaton has been largely spared recent violent acts. What part will we, Hughes-El Buen Samaritano do to maintain the peace and keep lines of communication open? Watch for opportunities to participate and serve as we plan Neighborhood Listening session both within the congregation and reaching beyond these walls. As we hear people's stories and struggles and share our own, we build community and seek common sense solutions, together.

Finally, pray. Keep victims of violence and their families in prayer. Pray for God's vision of the peaceable kingdom to become reality in our midst.

*Let peace begin with me, let this be the moment now
With every step I take, let this be my solemn vow,
To take each moment and live each moment in peace eternally,
Let there be peace on earth, and let it begin with me!*

Worship Opportunities July – Labor Day

July 2 – Pentecost 3

Series: Favorite Proverbs

Theme: The responsibilities of claiming the name Christian

Scripture: Proverbs 22:1-2

Sermon Title: "What's in a Name?"

A service of Holy Communion

July 9 – Pentecost 4

Series: Favorite Psalms

Theme: God's mercy cleanses, restores and renews our hearts and lives.

Scripture: Psalm 51

Sermon Title: "God, Have Mercy!"

July 16 – Pentecost 5

Series: Favorite Hymns

Theme: The theology and history of favorite Gospel Hymns

Scripture: Psalm 96; Revelation 7:9-12

Sermon Title: "Singing Our Faith: Gospel Hymns"

July 23 – Pentecost 6

Series: Favorite Women of the Bible

Theme: Opening hearts and listening for the Spirit converts our lives

Scripture: Acts 16:11-15

Sermon Title: "Lydia of Thyatiria: Converted for Discipleship"

July 30 – Pentecost 7

Series: Favorite Proverbs

Theme: Offering leadership through strength, dignity, laughter, wisdom, kindness

Scripture: Proverbs 31:25-26

Sermon Title: "Family Values"

August 6 – Pentecost 8

Series: Favorite Psalms

Theme: God's provision through the gifts of physical and spiritual food

Scripture: Psalm 23

Sermon Title: "You Prepare a Table..."
A Service of Holy Communion

August 13 – Pentecost 9
 Series: Favorite Hymns and Songs
 Theme: The theology and history of favorite Contemporary Songs
 Scripture: Psalm 100; Colossians 3:12-17
 Sermon Title: “Singing Our Faith: Contemporary Songs”

August 27 – Pentecost 11
 Pastor Ken on vacation – Sharon Skinner, preaching
September 3 – Pentecost 12
 Pastor Ken on vacation – Pastor Evelyn, preaching
 A Service of Holy Communion

August 20 – Pentecost 10
 Series: Favorite Women of the Bible
 Theme: The journey to new life in Christ as seen through the life of Mary Magdalene
 Scripture: Luke 8:1-3; John 20:1-18
 Sermon Title: “Mary Magdalene: New Life in Jesus”

UNITED METHODIST WOMEN

Aug. 28 at 10:00 am UMW Executive Board Meeting

Tuesday, Sept. 5 at Noon: Friendship Circle Meeting, in the Parlor.

Wednesday, Sept.6 Loyalty will meet in the Parlor at 7:30 pm. Bobbie White is the Hostess.

Many thanks to everyone who contributed to filling the DITTY BAGS for Crossways Community and Camp Bennett. Thirty-five (35) filled bags were delivered to Crossways and 47 filled bags to Camp Bennett.

If you shop at Giant, please consider buying Giant Gift Cards to use for your grocery shopping. We receive 5% from each card sold. The 5% has been used to provide scholarships of \$200 for each of our graduates and to accomplish other projects around our Church *when* funds are available. Gift Cards for \$25., \$50, and \$100 are sold in the library between services. These gift cards can also be used for Pea Pod purchases.

Our Church Family

Deaths:

Madeleine Reed (former member) died May 23, 2017.

Everett Raney (husband of member Lone Raney) died June 15, 2017.

Financial Snapshot		
Operating Budget	May 2017	Total 2017
Income	\$ 34,271	\$ 248,652*
Expenses	\$ 49,971	\$ 270,675*
		*as of June 12

Van's Celebration



Thank You! It is difficult for me to express how much the 50th year tribute on May 28 meant to me. The entire service was worshipful praise and so beautiful; I was truly overwhelmed. The commissioned work is so well written and the performance was a unique spiritual experience for me.

Thank you, Ken, for the perfect message about the importance of music from early Genesis to what we humbly offer today. Choir, I do not believe I have heard "Psalm 150" sung as well before anywhere.

I know I can't begin acknowledging all of you who did so much to make last Sunday a perfect day, but I do want to thank Marie and Sharon for the hours of calls and letters to bring so many to this event to share in my celebration. I wouldn't have missed it for anything and was so blessed and enjoyed every moment. The Washington Post article was awesome although I really am not all of those things. The most important thing is that I continue to feel your love that I have experienced for 50 years!

Van



ATTENTION “YOUNG-AT-HEARTS”

The following article was submitted by Kathy Ripley and its link is as follows: <http://www.moveforwardpt.com/Resources/Detail/6-balance-exercises-you-can-safely-perform-at-home>

6 Balance Exercises You Can Safely Perform at Home

Dangerous falls are increasingly common in people over 65 years of age and can result in serious injury, and even death.

According to the Centers for Disease Control and Prevention, 2.5 million older people are treated in the emergency room for fall injuries each year. The average health care costs related to falls is \$35,000 per fall.

Performing safe exercises at home can help strengthen your lower body to reduce your overall fall risk.

The following are 5 easy exercises that you can do at home. *Always check with your health care provider before beginning any home-exercise program.*

For all of the following exercises, position yourself near a counter top or sturdy surface that you can hold on to for support.

1. Standing March

Stand in place and start marching in place slowly for 20-30 seconds. As this becomes easier, challenge your balance and change up the surface you are marching on: from hardwood to carpet, foam pad, grass, etc.

2. Standing 3-Way Kicks

Standing on 1 leg (with a soft knee, not locked in full extension), move the other leg in front of you (keeping your leg as straight as possible), then out to the side, and then behind your body. Perform 10 times on each side.

3. Sidestepping

Walking alongside (facing) a countertop or near a wall (with hands on surface as needed), step sideways in 1 direction with your toes pointed straight ahead. Move 10 steps in 1 direction, then return in the other direction. As this becomes easier, use a resistance band just above the ankles.

4. 1-Leg Stand

Stand on 1 leg as long as you are able, up to 30 seconds. Alternate legs, and try to do this 3-5 times on each leg. As this becomes easier, challenge yourself by doing other tasks while standing on 1 leg, such as brushing your teeth, talking on the phone, or while doing biceps curls.

5. Sit to Stand

Rise out of a chair without using your arms to push up. If this is difficult at first, use a firm pad underneath you (to place on chair seat) to raise you as you need. Perform 10 times.

6. Tandem standing or tandem walking

Place 1 foot directly in front of the other, so the heel of the front foot touches the toe of the back foot. Maintain standing in this position as long as you are able, or up to 30 seconds. As this becomes easier, try taking a few steps in this heel-to-toe format, as if you are walking on a tight rope. Remember to use something to hold on to for safety.

Authored by Julie A. Mulcahy, PT, MPT

Kindly e-mail your Caller articles to Marty Weaver, Editor at caller@hughesumc.org or place them in the Caller drawer outside of the Church Office by the 15th of each month.

Please visit the Hughes Website at www.hughesumc.org