



First Word

FIRST UNITED METHODIST CHURCH

2008 Amazing Facts From CCAP

Thanks to the generosity of the community, CCAP was able to help the less fortunate in so many ways in 2008:

- We interviewed 18, 869 families
- Fed 9,142 families
- Clothed 5,477 families
- Spent a total of \$408,941.19 of donated dollars on behalf of our clients.

Some examples follow:

- * \$141,024.73 on client electric bills
- * \$20,893.20 on client water bills
- * \$54,294.34 on client heating bills
- * \$73,544.32 for rent and lodging
- * \$8,757.92 for client prescription bills
- * \$2,688.00 for client local bus transportation

As you can see, CCAP does some wonderful things for those less fortunate in our community. If you would like to help, below are some items that CCAP is in need of.

- Men's new socks
- Men's dress pants and white collared shirts
- Adult bicycles
- Spaghetti sauce
- Spaghetti noodles
- Tuna

CCAP is looking for an individual to program their computers and an individual to service their computers. If you can help, contact Fran Ricketts at 662-4318.



Volume 11, Issue 4

April 2009

Special points of interest:

- *Holy Week Schedule*
- *Easter Egg Hunt*
- *Church Calendar*
- *Easter Breakfast*
- *Potato Planting*
- *Pastor's Corner*

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Foot First (taken from the Upper Room March/April by Frank Ramirez-Pennsylvania)

Read 1 Corinthians 12: 4-20

If the foot would say, Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body.

1 Corinthians 12: 15 (NRSV)

"I am not particularly vain, but before I go out in the morning, I check my face in the mirror. *Did I remember to brush what hair I have left? That's not automatic. Did I shave? I sometimes forget. How do I look? There's not much I can do about that. How about the bow tie that rests just below my chin? Is it properly tied?*

Judging by the amount of time I spend, you'd think my face was the most important part of my body. But my doctor doesn't think so. When I showed up for a check-up, the

first thing she tells me is to take off my shoes and socks. Because I am diabetic, she wants to check my toes to make sure that I have good circulation.

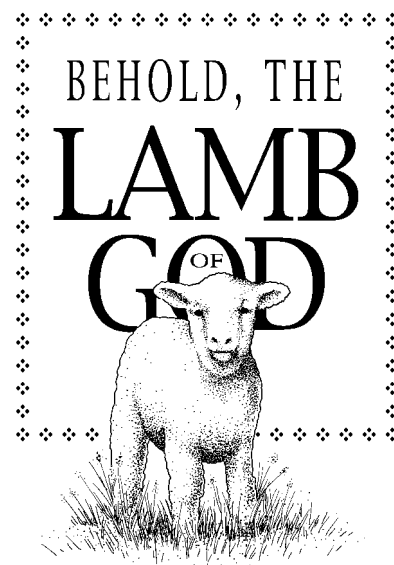
Just as every member of the body is important for a different reason, so too every member of the church is important and valuable. Each of us performs our individual ministry. Whether we clean the pews, dust the altar, bake a cake, or greet another believer with a smile, we are all essential to the shared mission of bringing the good news of Christ to a struggling world."

Prayer: God of diversity, help us recognize and celebrate the different ways we all contribute to your work in the world. Amen.

Thought for the day

God delights in our differences.

Written by: Frank Ramirez (Pennsylvania)



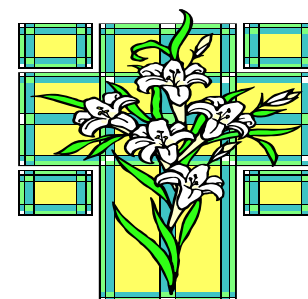
Easter Breakfast

Don't forget to start deciding on what breakfast item you would like to contribute to the Easter Brunch. Brunch will begin after the 8:30 am Easter morning service on April 12th.

Mary McGaffick and all her helpers will be organizing

breakfast that morning. Please give Mary a call and let her know what you are bringing or what she needs.

Come and enjoy a delicious Easter breakfast with your church family and friends!



HE IS RISEN!





From the Caring Team

Spring is here!!! We are getting prepared for the coming season, and are really looking forward to it. We will be getting together to get cards and Easter goodies ready to deliver to our shut-ins when visiting them. If you would like to join us, we would welcome you with open arms. We guarantee that you will receive more pleasure and blessings from these visits than you can ever imagine.

We are continuing to send cards and make calls to those that are ill at home and in the hospital. We are also writing notes to visitors who leave their names and addresses on the registration sheets. The sign-up sheets for April, May and June (to be greeters) are in the window in the back of the church. PLEASE help us by adding your name to this list. It is so important to have a member of

the congregation at the doors to greet not only the members but visitors to make them feel welcome. Some of the comments that we have received are: "I was a visitor, but when I came into your



*Arise, shine,
for your light has come,
and the glory of the
LORD rises upon you.
Isaiah 60:1*

church I felt like I belonged there." "It was so nice to walk into a church and feel so welcome." "What a blessing to have someone at the door to make you feel wel-

come." Won't you help us to keep these feelings going?

If you have any suggestions of things we might do for our shut-ins, or if you know of anyone that needs to be called on, just let one of our team know. We welcome any ideas.

Blessings,

The Caring Team

It's Potato time!!!



CoolClips.com

10:00 am to plant potatoes! On

Do you like to dig in the mud?

Join the Methodist Men on Saturday, April 4th at

Wednesday, April 1st after the 3-F meal, we will be cutting and preparing the potatoes for planting. Plan on staying after the meal and help while chatting with your church



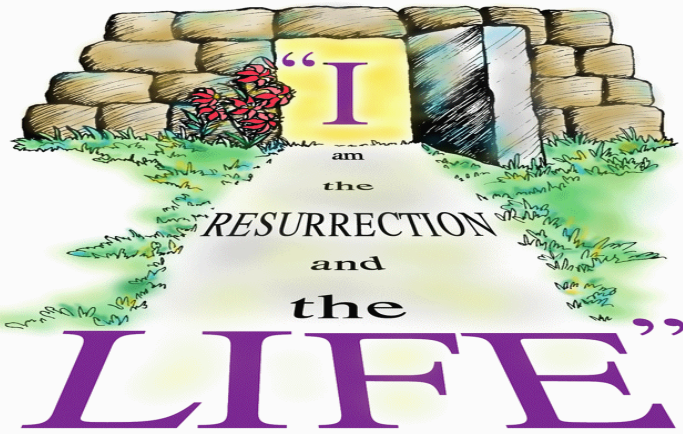
CoolClips.com

family. If you have any questions, please contact Roger McGaffick at 677-7215.





April Youth News

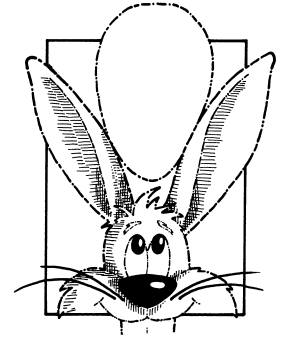


John 11:25

April Youth Happenings!

April 4th- Potato Planting at the APR campus. Watch for time.

April 5th- Easter Egg making fundraiser. Come at 3:00 and we will work until we've



made all the eggs. Please come out and help. All the proceeds will go toward our summer mission work.

April 11th- Junior High youth will be hosting the children's Easter Egg Hunt out at the APR campus. It will start at 2:00 for the children. Youth that are helping need to be at the property by 12:30.

April 12th- No Regular youth time. Happy Easter! Enjoy your family and friends.

April 19th- Youth/Parents meeting from 4:30-6:30. Please come with a covered dish to share with everyone. Meat and drinks will be provided.

April 26th- Regular youth time 4:30-6:30. Come for food, fun, games and a great message!



April 24th-May 1st- I will be at the Princeton Youth Forum for my certification. Pray that I come home with some awesome, spirit filled happenings to share!

Graphic from ChristArt.com





April Youth News cont.

Note to the Parent's:

All the Sunday evening meals are signed up for the rest of the season, and I thank everyone for their help. But, we need parents to sign up for the breakfast meal. The sign up sheet is in the youth hallway. Please help out if you can. Thanks once again for all that you do to help the youth department.



Blessings,
Mary

First United Methodist Youth Mission Statement

“We are servants of Christ witnessing to His people through our words and actions as we grow in discipleship.”

April Youth Birthdays



Happy Birthday!!
Alex St. Amand
April 10th
Rachel Carson
April 13th

If your birthday was not listed please let me know.— Mary



Lauren Delmerico April 29th
Paula Delmerico April 29th





Pastor's Corner

The season of Lent has been enriched for us this year by ministries at First Church that take us back to the basics. Susan, Doug and I have been celebrating communion with a number of our home-bound members. We have been heartened by the receptivity and deep faith of those members of First Church who are unable to worship with us on a regular basis, but nevertheless are a vital presence in our congregational life. Their experience over the years is a fascinating story, one that we often overlook as we go about our day to day congregational life. Some of our members can recall First Church as a UB congregation even before the merger in 1946 that made it an EUB Church. I have shared with some my own journey from my ordination in 1968, the year the Methodist and the Evangelical United Brethren Churches merged to form the United Methodist Church. These memories of our heritage keep before us the fact that the Christian life is a journey experience, often leading to turns and travels that enrich our lives beyond expectations. To anchor those memories in the sacrament of Holy Communion puts us in company with Christ's people of every time and place, and with the living Christ who gathers up all our history and all our future at once. This Lenten season has been a holy time, as we have gathered around bread and cup in the presence of Christ.



During this season, we are also involved in the holy task of forming the next generation of First Church. I have been privileged to assist Doug as he has organized our Confirmation Class. The confirmands, parents, and congregational mentors have pledged together to explore and review our Christian faith as we examine our basic beliefs as Christ's people. All of this is in preparation for the assumption of Baptismal vows by these young persons. In them we see our future and take heart that God's purposes for the church are secure even beyond our own days.

I like to think of church as simply "keeping time with Jesus." And so in these Lenten days we walk with him in special expressions of the basic disciplines and privileges of Christian life. We rejoice again at his life and death, and move once more into the marvelous mystery of his resurrection and Risen life among us.

May this holy season be a source of blessing for us all!

In Christ's Name,

Daniel L. Garrett





From Parish Health

Our Celebration is upon us. The date is set for April 18th at 5:00 in Fellowship Hall. We will begin the night with a Potluck Meal...remember this is supposed to be easy, disposable containers only. For those with inward talents, our gallery this year will be set up in the youth and choir rooms. Our gift expressions will begin at 6:30 with a review of the gallery and those that wish to perform. The performance will take place on the stage in the Fellowship Hall.

Since Parish Health does not receive a budget, this is essentially the only fundraiser that is done for the year. Any money that is received is used for the congregation. We have served over 40 people in the past year with the Blood Pressure Clinic. We have trained 20 people in CPR/AED with one life saved. What an amazing testimony of the importance of knowing CPR. As always, please prayerfully consider taking this course. All of this could not have been done without your kind generosity. The next class is scheduled for April 25th from 8:00-12:00 in the Chapel. Please see myself or Ann Hoffman to register.

Want to Make Your Life Easier?

Are you someone that feels tied down to your medications and doctors appointments? Do you feel like you take more medications than eating food? Here are a couple of tips to make your load a little lighter.....

- 1) **Create a medication list.** You should include the following information: your full name, date of birth, allergies, medications with dosages and how often they are taken. Then make several copies and keep a master copy for yourself. When visiting your doctors, take them a copy so you do not have to constantly write it over and over again. Then update your master copy as needed.
- 2) **Get a pill organizer.** Save time by organizer your pills only once a week. There are several organizers depending on how often you take your meds: daily, twice a day, four times a day.

If you need assistance with either of these tasks, please contact me and I am more than happy to help you.

Blessings,

Ellen Cavanagh, RN, Your Faith Community Nurse





Prayer Concerns

SHUT-INS

Ruxton Health Care Elma Anderson,
(110 Lauck Drive Winchester, VA 22603)

Hilltop Mary Everline, Clara Kerns,
Boyd & Elsie Ramey
(111 Denny Lane Winchester, VA 22603)

Westminster-Canterbury Virginia Lee
(290 Westminster-Canterbury Drive Winchester, VA
22603)

The Willows Hazel Fries, Jean Loy
(1881 Harvest Drive Winchester, VA 22603)

Please keep these service personnel in your prayers:
David Kent Marine Corps
Stationed in Iraq
Jeremy Duncan Army
Stationed in Kuwait
J. B. Hughes Army
Stationed in Iraq
Please let the church office know if there are persons in your family serving overseas who need to be added to this list. *Please remember in your prayers all the men and women serving our country.*

“Out of the depths I cry to you, O Lord. Lord, hear my voice! Let your ears be attentive to the voice of my supplications!” Psalm 130: 1-2”

Please remember the following friends and family in your prayers:

Irene Reynard, Arlie Funk, Bill Bowman, Carol Patterson, Bonnie O'Hara, Phyllis King, Betty McCune, Bunky Woods, Anna Snyder, Bruce Clevenger, Dee Waddell, Noah Foley, Mike Brooks, James Ware, Lee Warner, Melissa Bozick, Susan Williams, Fran Ricketts, Erika Reid, Paul & Carey Booth, Bill Morris, Margurite Huffer, Jessie Sullivan, Nancy Johnson & Doug Allen, Matt Ergebright, Christina Daniels, Melvin & Virginia Fawcett, Stacey Fritts, Danny Campbell, Ian Paul Eckert, Pat Lockwood, Don Smallwood, Mike McKeirnan, Barbara Rinker, Sonny Cooper, James Crane, Shirley Miller, Ricky Mitchem, Alisha Hudson, Jaime Lee.

Please keep this page from your newsletter and include those listed here in your daily prayers. Additional names to be included in your prayers, will be listed in the weekly bulletin insert. A complete updated prayer list will appear in next month's newsletter.

Please remember the following members in your prayers:

Larry Cooper & Family, Albert Elgin, Jim Petry, Nancy Palmer, Alice Shell, Velma Ritenour, Edith Anderson, Doug Purnell, Mary Carter, Bonnie Keplinger, Doris & Ray Harding, Melvin Wine, Clara Kerns, Cathy Dunn, Ray Keplinger, Jr., Dan Dutchess, Courtney Lowe, Our Church, Pearl Gaines, Stephen Storrs, Boyd & Elsie Ramey, Rose Patton, Hilda Patton, Velma Ritenour, Stan & Amy Barnes, Katherine Dix, Dale & Ann Hoffman, The Hoffman Family, Becky Cloud, The Lewis Family, Margaret Johnson, Pearl Gaines, The Corbett Family, Our Pastors, Church & Church Leaders.





Holy Week Schedule

Holy Week Worship Schedule

Palm Sunday

Services at 8:30 & 11:00 am and 10:00 m Downtown Clergy Fellowship Processional on the Mall.

Maundy Thursday

Service 7:00 pm April 9th

Good Friday

Service at Grace Lutheran from noon to 3:00 pm.

Easter Services

6:45 am Sunrise Service at the Apple Pie Ridge Campus. 8:30 and 11:00 am services at First Church.

Easter breakfast at 9:45 am in the Social Hall. Please bring a breakfast casserole to share.

Any questions please contact the church office.

Easter Egg Hunt

The Junior High Youth will be organizing the Children's Easter Egg Hunt this year. It will be held Saturday, April 11 at 2:00 pm at the Apple Pie Ridge Campus rain or shine!

We will have lots of fun hunting eggs, playing games; and you can get your picture taken

with the Easter Bunny!!! Keep this date open and plan on coming out with your children or grandchildren. We are asking for donations of lots of taped, candy filled eggs. Eggs can be dropped off at the church office or in the parlor. If you have any questions please contact the church office.



Calling All the Women of the Church!!!!



All women of the church are invited to our Women's Ministries Gathering

on Saturday, April 25th at 2:00 pm. Come join us for fellowship and celebration of the ministries available for women of our church. We will have a discussion of ways God is leading us to further develop those ministries. We have opportunities in Bible

study, local outreach and social gatherings. There is something for everyone! Visit with us in April to hear all about it!



**First United
Methodist Church
308 North Braddock Street
Winchester, VA 22601
& Apple Pie Ridge
Campus directly across
from the Apple Pie Ridge
Elementary School**

**Web site:
www.fumcwinchester.org
Church: 540-662-3151
Fax: 540-662-1462**

Staff

**Dr. Daniel Garrett
Dr. Susan Garrett
Doug Sasser
Pastors**

**Mary Vorous
Director of Youth
Ministries**

**Kristen Grzywacz
Office Manager**

**Debbie MacKnight
Preschool Director**

**Ralph Gronlund
Lay Leader**

**Jennifer White
Treasurer**

**Ellen Cavanagh, RN
Faith Community Nurse**

**Queenie Dockeney
Custodian**

**Wayne Corbett
Organist and Music
Director**

**Gary Fisher
Choir Director**

**Melinda Russell
Hand Bell Director**

**Amy Costello-Wilfong
"Ignite" Music Director**

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Food for Thought (from Ask.... By John Mason)

“What far-reaching effects could be set in motion by recognizing the purpose God has for your life and making a real commitment to begin to work toward that purpose today?”

If someone were to pay you ten dollars for every kind word you ever spoke and collect five dollars for every unkind word, would you be rich or poor?

When is the last time you did a random act of kindness?

If you were another person, would you like to be a friend or yourself?

What is one thing you can do for someone else who has no opportunity to repay you?

Do you say “Our Father” on Sunday and then act like an orphan the rest of the week?

In your prayers, how often do you say, “And now, God, what can I do for You?”

Do you say “thank you” to God before you ask for something, or only after you get it?

When you die, why should God let you into Heaven?”

April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5:15 pm 3-F Dinner Potato Cutting after meal. 6:00 pm Choir/Music Rehearsals	2	3 6:30 pm Financial Peace University	4 8:00 am United Methodist Men 10:00 am Potato Planting
5 Palm Sunday 9:45 am Children's Choir 10:00 am DCF Processional on the Mall. 4:30 pm Youth Easter Egg Fundraiser	6 Holy Week	7	8 5:15 pm 3-F Dinner 6:00 pm Choir/Music Rehearsals	9 Maundy Thursday Service 7:00 pm	10 Good Friday 12:00 pm Good Friday Worship (DCF) at Grace Lutheran	11 Easter Egg Hunt 2:00 pm
12 Easter! 6:45 am Sunrise Service 8:30 am Service 9:45 am Breakfast 11:00 am Service No Youth	12 Office Closed 6:45 pm Trustees 7:00 pm Finance	14 7:00 pm SPRC Meeting	15 5:15 pm 3-F Dinner 6:00 pm Choir/Music Rehearsals	16	17	18 5:00 pm Celebration of God's Gifts & Potluck
19 9:45 am Children's Choir 10:00 am Confirmation Class 4:30 pm Youth & Parents Meeting	20 Newsletter Deadline 6:45 pm Worship Meeting 8:00 pm Laity	21	22 5:15 pm 3-F Dinner 6:00 pm Choir/Music Rehearsals	23	24	25 8:00 am CPR Class 2:00 pm Women's Ministry Gathering
26 9:30 am Blood Pressure Sunday 9:45 am Children's Choir 10:00 am Confirmation Class 4:30 pm Youth	27	28	29 5:15 pm 3-F Dinner 6:00 pm Choir/Music Rehearsals	30		