

# FIRST WORD



Volume 10, Issue 8  
August 2008

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FIRST UNITED METHODIST CHURCH

## Red Cross Blood Drive

**Mark the date of Tuesday,  
August 5, 2008.**

**First Church will host a Red Cross Blood  
Drive in the church social hall from  
1:00 to 6:00 pm.**

**If you would like to provide a snack for the  
donors or help with the blood drive in any  
capacity please contact Tim  
Anderson at  
667-4228. Be a HERO, save a  
life by donating blood.**



## Amor y Paz UMC

My name is Nicole Henderson, and I am interning at Amor y Paz UMC this summer and working alongside Pastora Martha. Amor y Paz is currently running a summer program for the children in our community (God's Summer Program, as the children so affectionately call it) and we are constantly in need of certain supplies

that we thought the large churches of the district may be interested in donating.

- Peanut Butter
- Crackers
- Mayonaise
- Ketchup
- Gallon size canned fruit

I wish everyone could see the ways the children are learning and growing this summer. Any help we can get to continue this would be wonderful! Thanks so much.

God Bless,

*Nicole Henderson*

## Remember These Individuals.....

### SHUT-INS

<u>Ruxton Health Care</u>	Elma Anderson (110 Lauck Drive Winchester, VA 22603)
<u>Rose Hill</u>	Lula Lewis 110 Chalmers Court Berryville, VA 22611)
<u>Evergreen</u>	Albert Robinson (380 Millwood Ave. Winchester, VA 22601)
<u>Hilltop</u>	Lucille Miller, Mary Everline (111 Denny Lane Winchester, VA 22603)
<u>Westminster-Canterbury</u>	Virginia Lee 290 Westminster-Canterbury Drive Winchester, VA 22603)
<u>The Willows</u>	Hazel Fries, Jean Loy (1881 Harvest Drive Winchester, VA 22603)
<u>Mary Ann Posey Home</u>	Jeanne Spaid (776 Woods Mill Road Stephenson, VA 22657)

### Please remember the following friends and family in your prayers:

Henry & Irene Reynard, Arlie Funk, Bill Bowman, Carol Patterson, Bonnie O'Hara, Phyllis King, Betty McCune, Bunky Woods, Anna Snyder, Bruce Clevenger, Dee Waddell, Kayla Roy, Noah Foley, Mike Brooks, James Ware, Lee Warner, Melissa Bozick, Susan Williams, Fran Ricketts, Erika Reid, Therman Perry, Paul & Carey Booth, Bill Morris, Richard & Ruby Mitchem, Margurite Huffer, Peggy Taylor, Jessie Sullivan, Nancy Johnson & Doug Allen, Matt Ergebright, Christina Daniels, Melvin & Virginia Fawcett, Stacey Fritts, Danny Campbell, The Keenan Family, Ian Paul Eckert, Pat Lockwood, Dick Carson's daughter & family, Don Smallwood, Mike McKeirnan.

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 keep these service personnel in your prayers:

<b>Sean Cloud</b>	Marine Corps Stationed in Iraq
<b>David Kent</b>	Marine Corps Stationed in Iraq
<b>Jeremy Duncan</b>	Army Stationed in Kuwait
<b>J. B. Hughes</b>	Army Stationed in Iraq
<b>Daniel Northcraft</b>	Army Stationed in Iraq
<b>Paul Rashid</b>	Army Stationed in Afganistan

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.*

### Please remember the following members in your prayers:

Larry Cooper & Family, Albert Elgin, Jim Petry, Nancy Palmer, Alice Shell, Steve Spaid, Velma Ritenour, Edith Anderson, Ruth Harrell, June Starke, Doug Purnell, Mary Carter, Boyd Ramey, Bonnie Keplinger, Gary Fisher, Paul Carper, Doris & Ray Harding, Melvin Wine, Trevor Anderson, Clara Kerns, Lew Dellinger, Faye Weidig, Cammi White, Glen Carson.



*"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"*

## It's In the Mind By Lovett H. Weems, Jr.

Most people know that it was Roger Bannister who first ran the mile in less than four minutes. It was on May 6, 1954, in Oxford, England, that Bannister achieved what was, at the time, the unbelievable feat of running the mile in 3:59.4 minutes.

Prior to Bannister's achievement, it was assumed by many people that the four-minute barrier would never be broken. In fact, there had been some books written contending that it was physiologically impossible for the human body to move at such a speed. One could certainly understand why such contentions were believable. Since no one had ever broken the four-minute mile, perhaps it was impossible to do such a thing.

However, once Bannister performed the feat, notice what a short time it was before someone else did it also. In fact, while it had taken until May 6, 1954, for the first person to break four minutes, it took less than two months for the second person to do so. It was on June 21, 1954, in Turku, Finland, that John M. Landy ran the mile in 3:58.0 minutes.

**What we think we can do really does make a difference in what we are able to do.**

Some of the largest churches in the United States today are located in regions where the conventional wisdom had always been that "large churches cannot happen here; you have to go farther South for such churches." Think of all the churches that denominations have closed because the last remaining members were convinced that "all the people have moved away," only to discover that within a year of the church's closing, another church has opened there with more than 100 participants.

A small town church with few remaining members and serious financial challenges had not had a youth ministry for thirty years because "there aren't any youth." When a young independent pastor asked to rent the church one weeknight each week, the church was quick to agree because they needed the income. For over a year now, more than forty youth in this tiny town have gathered for worship with this young pastor.

**Have we convinced ourselves that low goals are all that are possible and thus have given up on the dream that God might be ready to do a new thing in our midst?**

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## GBOD survey ranks favorite, least favorite hymns



More than 19,000 people participated in the recent music survey by The United Methodist Church's General Board of Discipleship (GBOD). The results are available at <[www.gbod.org/hymnal](http://www.gbod.org/hymnal)>.

The 2008 General Conference approved legislation to develop a new hymnal for use in United Methodist churches in the United States by 2012. During the months leading up to General Conference, GBOD conducted a series of online research surveys designed to provide information regarding the opinions of United Methodists - pastors, musicians, worship leaders, and laity - on a variety of subjects related to United Methodist worship, congregational singing, and The United Methodist Hymnal (created in 1989) and The Faith We Sing (created in 2000).

The 10 favorite hymns in The United Methodist Hymnal were: 1) Amazing Grace; 2) Here I Am, Lord; 3) How Great Thou Art; 4) Be Thou My Vision; 5) Because He Lives; 6) Blessed Assurance; 7) Hymn of Promise; 8) A Mighty Fortress; 9) It Is Well with My Soul; 10) Christ the Lord Is Risen Today.

The favorite songs in The Faith We Sing were 1) The Summons; 2) I'll Fly Away; 3) As the Deer; 4) His Eye Is on the Sparrow; 5) I Was There to Hear Your Morning Cry; 6) Shine Jesus Shine; 7) Lord I Lift Your Name on High; 8) Sanctuary; 9) Shout to the Lord; 10) They'll Know We Are Christians by Our Love.

Least favorite in the Hymnal: 1) Daw-Kee, Aim Daw-Tsi-Taw; 2) ¡Canta Débora, Canta!; 3) Battle Hymn of the Republic; 4) America (My Country, 'Tis of Thee); and 5) Onward, Christian Soldiers. Least favorite songs in The Faith We Sing: 1) Mothering God, You Gave Me Birth; 2) I Am Your Mother; 3) Womb of Life; 4) She Comes Sailing on the Wind; and 5) Bring Many Names.

Songs asked to be included in a new hymnal that are neither in the current Hymnal or The Faith We Sing were led by Love Lifted Me; Open the Eyes of My Heart, Lord; Amazing Love; and God Bless America.

Reprinted from the electronic *Sunday Advocate* for July 20, 2008. Published weekly, the electronic *Sunday Advocate* summarizes news events affecting Virginia United Methodists and serves as a link to the in-depth reporting of the *Virginia United Methodist Advocate*, the official newsmagazine of the Virginia Conference of The United Methodist Church.

*"Make a joyful noise to the Lord, all the earth; break forth into joyous song and sing praises. Sing praises to the Lord with the lyre, with the lyre and the sound of melody. With trumpets and the sound of the horn make a joyful noise before the King, the Lord." Psalm 98: 4-6*



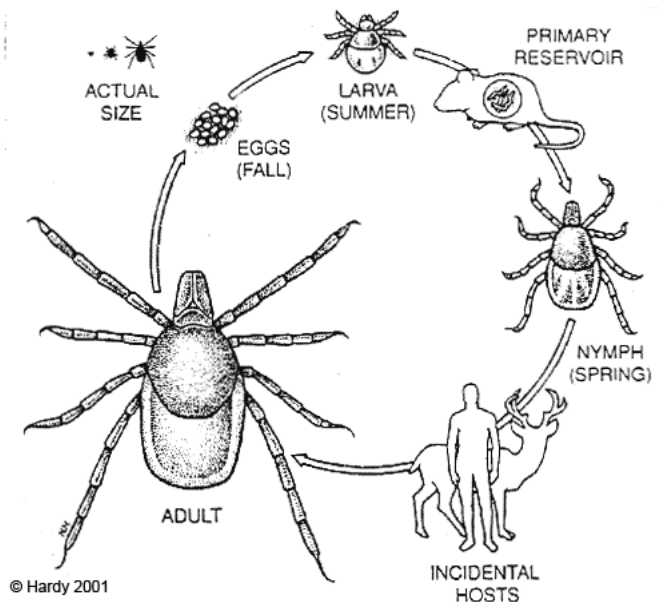
## From Our Faith Community Nurse † Lyme Disease

Reducing exposure to ticks is the best defense against Lyme disease and other tickborne infections. Here is one approach you and your family can use to prevent and control Lyme disease.

### Create a Tick-Safe Zone!!!

Use landscaping techniques to create a tick-safe zone around homes, parks, and recreational areas. Ticks that transmit Lyme disease thrive in humid wooded areas. They die quickly in sunny and dry environments. Here are some simple landscaping techniques to help reduce tick populations.

- Remove leaf litter and clear tall grasses and brush around homes and at the edges of lawns.
- Place wood chips or gravel between lawns and wooded areas to restrict tick migration to recreational areas.
- Mow the lawn and clear brush and leaf litter frequently.
- Keep the ground under bird feeders clean.
- Stack wood neatly and in dry areas.
- Keep playground equipment, decks and patios away from yard edges and trees.



For more information, check out the following website:  
[www.cdc.gov/ncidod/dvbid/lyme/ld\\_humandisease\\_symptoms](http://www.cdc.gov/ncidod/dvbid/lyme/ld_humandisease_symptoms).

## CCAP

CCAP will be giving out school supplies here at First Church to children who are not able to afford the supplies they need for school. They will be in the building

the mornings of August 11-13.

If you would like to volunteer to help with this wonderful mission please contact the church office. **CCAP is asking for donations of**

**all types of school supplies especially book bags.** If you would like to donate any items please drop them off in the church parlor. Thank you in advance for your help.



## Charlie Russell in Alaska



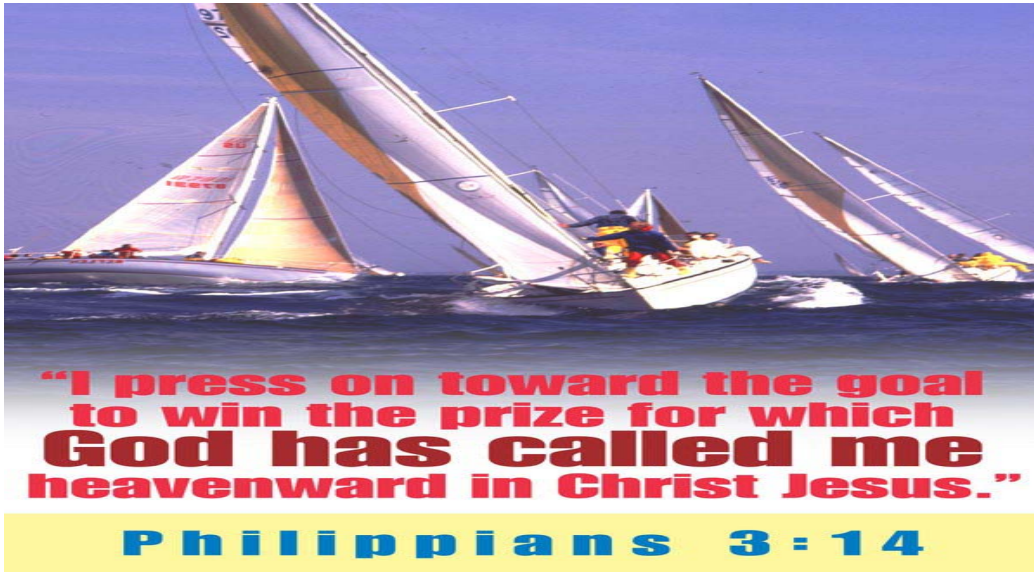
Here is a picture of Charlie in Alaska. He is enjoying life in Chitna, Alaska. I think he is starting to look like Grizzly Adams! *Melinda Russell*

Hope everyone is having a good summer and I miss home (just a little bit, not too much) but I'll be home around the 19th-26th of August. Here is a picture of me with a 47 inch 45 pound male Chinook salmon. Miss ya lots!

*Charles Russell*



## August Youth News



**Email: [mvorous@fumcwinchester.org](mailto:mvorous@fumcwinchester.org)**

**Mary Vorous, Director of Youth Ministry**

252 McGuire Road

Winchester, VA 22603

678-4014

NEW youth webpage-[www.youth.fumcwinchester.org](http://www.youth.fumcwinchester.org)

"May the Lord bless you and keep you; May the Lord make His face shine upon you, and be gracious to you; May the Lord lift up His countenance upon you, and give you peace."

Numbers  
6: 24-26

## August Youth Birthdays

Happy Birthday!!!

August 7-Robby Baccary

August 22-Aaron Disque



## August Youth News continued

*Hope everyone's summer is going great! I know so far it has been a busy but awesome summer for me. I just wanted to lift up everyone that attended the summer mission trips. Just to recap about the trips, I believe God used each and everyone that choose to step out of their comfort zones and serve others in the name of Jesus Christ. May we not let go of the growth and experience. May we continue to use our hands and feet to glorify God!*

*That being said, remember you do not have to go on a mission trip to serve, you can serve on a daily bases in many different ways. Keep in mind that every Monday is our "Mission Mondays", check them out and let me know if your interested in helping out.*

*Blessings,  
Mary*



**August 2-** Youth helping out with United Methodist Men chicken barbeque from 11 am-2 pm. Feel free to sign up to help. Thank you to the Baccary & Shepard Families for signing up to help out!

**August 4, 11, 18-** Mission Monday. On the 4th and 18th we will be serving lunch with the Salvation Army at Jim Barnett and Frederick Douglass Parks. On August 11th, we will be helping CCAP give out school supplies at the church here at First United Methodist Church.

**August 6, 13, 20-** Senior High Bible study at Mary's house. We will be having a Bible study starting at 10 am followed by a cookout and swimming until 2 pm. Please sign up to bring drinks and sides.

**August 15-** Friday Nite "Ignite" at APR property from 8-10 pm. Come out for praise and worship followed by a bonfire. Feel free to bring a snack to share with everyone or s'more fixings, marshmallows, chocolate bars or graham crackers.

**Check out the new youth website: [youth.fumcwinchester.org](http://youth.fumcwinchester.org). You can even communicate with Meredith and me on site!**

## Children's Ministry News

Our next event will be on August 6th, when we participate in the **Corn Roast with the UMM**. We will have **Family Movie Night** ( *Flywheel* from the creators of *Facing the Giants*) at the Apple Pie Ridge Property afterward. Anyone interested in contributing or helping with popcorn or s'mores, please contact Jean Kellogg at (304) 856-2602.



## A Hearty Thank You!

**A HEARTY THANK YOU** to those who have come forward to serve in our Nursery so far this summer, and in VBS. We are always in need of other willing souls for Nursery and other upcoming events...

Look for the Nursery Sign-Up Sheet on the bulletin board outside the Nursery / Preschool Room on the second floor of the education building, across from the Children's Office.



## Reminder

The next Children's Committee Meeting will be on August 24th following the 11 AM service and a Potluck Ministry Missions Fair in the

Social Hall. The meeting will be around 1:15, and we need anyone willing to assist with the Fall Festival planning and

execution to attend! Involvement of *ALL AGES WELCOME!* Thanks!



## Pastor's Corner

We read in the thirteenth chapter of Numbers how Moses sent spies to scout the land of Canaan just over the Jordan River. This was after many years in the wilderness. According to the spies, the land was “flowing with milk and honey.” They brought back produce from the area to testify to its bounty. The residents of this land, however, were giants who made the Hebrews look like grasshoppers by comparison. So the people were afraid to claim what God had given them to claim. It would be Joshua who would lead the next generation of the Hebrew people to conquer the Promised Land.

First Church has been through what we can describe as a wilderness period. The challenges and years traveling in the wilderness have depleted our resources and hurt many of us. Now it is time to consider when to take up the challenge to enter and claim the “Promised Land” of our future. We are still in the wilderness but “spies” have returned to testify to the bounty God has prepared for us. This bounty includes fully accessible facilities at our Downtown Campus where everyone can enter and participate and new facilities at the Apple Pie Ridge Campus for use by our church and other partners in ministry. It includes well maintained heating and new efficient cooling systems. An abundance of volunteers are available to engage in ministry and many come seeking God. Times of worship are traditional, contemporary and emerging and will be filled with familiar faces and new people all eager to praise God. All of these things are ours for the taking according to what the “spies” have reported to us. Many of these things are already being realized because of the resources we have been utilizing from our “Promised Land.”

So, why does this “Promised Land” still seem so far away? It is because the giants which already inhabit the land scare us – the giants of fear, disbelief, despair, uncertainty, and self-doubt. When we focus on our aging facilities, empty pews, vacant land, dwindling financial resources and other challenges, the giants succeed in keeping us in the wilderness. These giants are very real. If we allow our fear to keep us from rising to face these very real challenges, then we allow the giants to defeat us. God has promised us a prosperous future with multiple resources – a land flowing with milk and honey. We are called now to begin the conquest and face these giants so we can occupy the land God has promised to First Church.

The Hebrews under Moses delayed entering the Promised Land because their fear of the giants was so great. Joshua had to wait until the younger generation came along before the Promised Land could be conquered. Will that be our fate? Is it going to be left to our children and our children's children to face the giants we are afraid to challenge to enter our “Promised Land?” Who among us is ready to enter the “Promised Land” now? Consider the giant that scares you the most. Ask God in your prayers to provide what is needed to defeat this giant. Then join your strength with that of other members who are committed to conquering the giants. Your pastors, staff and lay leaders are here as a resource for you. Let us know what help you need to face and conquer the giants.

God has promised us a bright future in a land just over the ridge. Are you ready for the conquest?

Blessings,

*Pastor Doug*

## Worship Preview

### August 3, 2008

Genesis 32: 22-31  
 Psalm 17: 1-7, 15  
 Romans 9: 1-5  
 Matthew 14: 13-21

### Communion Sunday

**Lectors:** Youth  
**Flowers:** available  
**Acolytes:** to be announced

### August 10, 2008

Genesis 37: 1-4, 12-28  
 Psalm 105: 1-6, 16-22, 45b  
 Romans 10: 5-15  
 Matthew 14: 22-33

### Hunger Offering

**Lectors:** 8:30 am Greg & Isabella Dickens-Bowman  
 11:00 am available  
**Flowers:** Roger & Mary McGaffick  
**Acolytes:** to be announced

### August 17, 2008

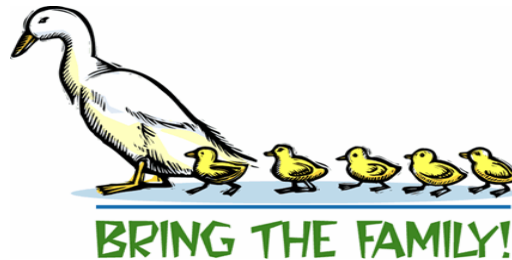
Genesis 45: 1-15  
 Psalm 133  
 Romans 11: 1-2a, 29-32  
 Matthew 15: (10-20), 21-28

**Lectors:** available  
**Flowers:** Jim & Melody Harmon  
**Acolytes:** to be announced

### August 24, 2008

Exodus 1: 8-2:10  
 Psalm 124  
 Romans 12: 1-8  
 Matthew 16: 13-20

**Lectors:** available  
**Flowers:** Mary Lou Taylor



### August 31, 2008

Exodus 3: 1-15  
 Psalm 105: 1-6, 23-26, 45c  
 Romans 12: 9-21  
 Matthew 16: 21-28

**Lectors:** available  
**Flowers:** available  
**Acolytes:** to be announced



*“As the family goes,  
 so goes the nation  
 and so goes the  
 whole world in  
 which we live.”*  
 Pope John Paul II

## Pardon Our Dust

Work began on July 21 replacing two of our AC units that had completely failed. You may notice the work in progress in the side balcony of the sanctuary and in Pastor Doug's office. The AC unit being replaced in the sanctuary has served us well since 1963. **That's 45 years!** No one can say that we didn't get our money's worth out of that system! As you receive this newsletter the new AC unit for the main level of the education build-

ing should be up and running after three weeks of no AC in the offices, parlor, chapel and toddler nursery. Work began at the same time on upgrading fixtures in our restrooms throughout the building.

While there are costs to making these repairs and improvements, we expect to notice savings on water and electricity bills as the new AC units and restroom fixtures operate much more efficiently than

those installed in the 1950's and 1960's.

**Our appreciation and thanks to Ted Kiracofe and all the Trustees for their time and attention to caring for our facilities.**

*Contributions to defray the cost of these repairs and improvements can be made by noting the amount for APR/ Building Fund on your envelope or check.*



FIRST UNITED  
METHODIST CHURCH

Non-Profit Org  
U. S. POSTAGE  
**PAID**  
Permit No. 136  
Winchester, VA

308 North Braddock  
Street  
Winchester, VA 22601  
& Apple Pie Ridge Cam-  
pus  
directly across from the  
Apple Pie Ridge  
Elementary School

Web site:  
[www.fumcwinchester.org](http://www.fumcwinchester.org)

Church: 540-662-3151  
Fax: 540-662-1462

***Staff***

*Becky Cloud*  
*Doug Sasser*  
***Pastors***

*Mary Vorous*  
***Director of Youth***  
***Ministries***

*Kristen Grzywacz*  
***Office Manager***

*Debbie MacKnight*  
***Preschool Director***

*Ralph Gronlund*  
***Lay Leader***

*Jennifer White*  
***Treasurer***

*Queenie Dockenev*  
***Custodian***

*Wayne Corbett*  
***Organist and Music***  
***Director***

*Gary Fisher*  
***Choral Director***

*Melinda Russell*  
***Hand Bell Director***

*Amy Shepley & Mary Beth*  
*Ours*  
***Children's Choir***  
***Directors***

**Bible Study**



We will be exploring the book of Ruth on Wednesday nights in August. Our class will meet in the Parlor from 6:00 – 7:15 P.M. August 13, 20 and 27. Reading the book of Ruth before the class is recommended. No other text is required. The class is open to the entire church. We will examine the scripture for an hour and conclude with a time of prayer.

*Pastor Doug*

**BBQ Chicken**

The Men are cooking again!  
Mark your calendar for August  
2nd. The chicken will be on  
sale from 11:30 am to 2:00 pm.  
Come on out and support the  
youth group and the repairs for  
the bell tower!

