

# February 2012 - The Messenger

Montgomery United Methodist Church

28325 Kempton Road, Damascus, Maryland 20872 | 301-253-4460 | [www.montumc.org](http://www.montumc.org)



**Pancake Supper --  
Shrove Tuesday,  
February 21st**

## SHROVE TUESDAY

Our MUMC pancake experts -- in the Men's Lifeboat Class -- will hold a Shrove Tuesday pancake supper on February 21st (the day before Ash Wednesday) from 5:30 to 6:30pm in the Fellowship Hall.

The menu will include pancakes, sausage, sliced ham, and beverages. This dinner is another great opportunity to invite friends, neighbors, and relatives who may not attend church to join with us in a time of fellowship.

Donations received for the dinner will benefit the Hands in Ministry fund for later use in helping others.

See you there! And don't forget to invite your friends, neighbors, and family!



## Ash Wednesday

**February 22nd**

Worship: 7:00pm in the Sanctuary

This worship celebration will include imposition of ashes and Holy Communion.

There will be no Wednesday @ Montgomery activities this evening.

## Sisters In Faith

**Saturday, March 24** 8:00am - 3:00pm

Montgomery United Methodist Church

Featuring National Speaker, Teacher and Author -- Proverbs 31 Ministries... *Sharon Glasgow*



## Unshakeable Joy

Montgomery Women, start the new year with a retreat to grow and refresh. Plan to join us for an incredible day, as Sharon Glasgow shares her excitement about the secret to **Unshakeable Joy**. Sharon leads the audience to see how God equips us to experience this joy in the middle of the most trying days. Deep unshakeable joy is missing in the vast majority of people today, because most people are looking in all the wrong places. Understand how God prepares and empowers ordinary people for extraordinary and victorious living.

Register on-line or complete a registration brochure and leave it with a check in Teresa Cooley's mailbox. For on-line registration, go to our church's website ([www.montumc.org](http://www.montumc.org)) and click on the Sisters in Faith page. Brochures have been placed in all church mailboxes and are also available in the church office. Early registration is encouraged, as spaces fill up quickly.

The experience includes a continental breakfast, praise and worship, a boxed lunch from A Cut Above Catering, and an inspiring presentation... Get Ready for Un-Leashed Joy!



- February 5 **Confirmation** classes begin, 9:30am
- February 6 **Newsletter submission deadline** for the March edition
- February 10 **Movie Night**, Kung Fu Panda, 6:30pm in the Fellowship Hall

February 14 **Happy Valentine's Day!**  
**Trustees Work Day**, 6:30pm

February 18 **Men's Breakfast**, 7:37am in the Fellowship Hall

February 21 **Shrove Tuesday Pancake Supper**, 5:30 to 6:30pm in the Fellowship Hall

February 22 **Ash Wednesday** -- Worship, 7:00pm in the Sanctuary; no Wednesday@ Montgomery activities

February 27 **Heritage Circle**, Agape Meal, 12:00 noon in the Memorial Room  
**Women's Ministry**, 6:30pm in the Fellowship Hall



- March 5 **Newsletter submission deadline** for the April edition
- March 9 **Movie Night**, 6:30pm in the Fellowship Hall
- March 24 **Sisters in Faith**
- March 26 **Heritage Circle**, 1:00pm in the Memorial Room  
**Women's Ministry**, 6:30pm in the Fellowship Hall



**NOTICE - HERITAGE CIRCLE MEETING**  
 The Heritage Circle will meet for an Agape Meal on February 27<sup>th</sup> at 12:00 noon in the Memorial room. Thelma Gesling will be the guest speaker. Anyone interested in attending should contact the church office at 301 253-4460.



**MEN'S  
 BREAKFAST**

**Attention, Guys! Men's Breakfast February 18th**

The next Men's Breakfast is Saturday, February 18th, at 7:37am, in the Fellowship Hall. Join us for some really good food and a great time of fellowship!

Dress is *extremely* casual. We're usually done by 9:00, so you have plenty of time to get things done the rest of the day.

Hope to see you there!



## How is Your Heart?

February has been designated heart awareness month by the American Heart Association. The hope during February is to raise awareness of cardiovascular disease and stroke. As a stroke survivor, this month has special meaning for me.

In addition to our awareness of the physical aspects of heart health, I want to also raise awareness of the spiritual aspects of heart health. From a biblical perspective the heart is the center of the human person from which emotions, feelings, moods, passions, and values arise. Scripture speaks to the heart as the source of thought and reflection, highlighting its intellectual capacities (Isaiah 6:10; Mark 7:21-23). The heart understands (Deuteronomy 8:5; Isaiah 42:25), provides wisdom to rule justly and wisely (1 Kings 3:12; 10:24), and discerns good and evil (1 Kings 2:49).

Because of this biblical understanding of the heart you can see that the heart plays a vital role, not only for our physical wellbeing but for our spiritual wellbeing as well. When we request from God a pure or clean heart (Psalm 51:10), or a changed heart, we are asking God to set us on a path that appropriately discerns a new sense of right and wrong, a more godly set of values and principles to live by, all based on God's way of living.

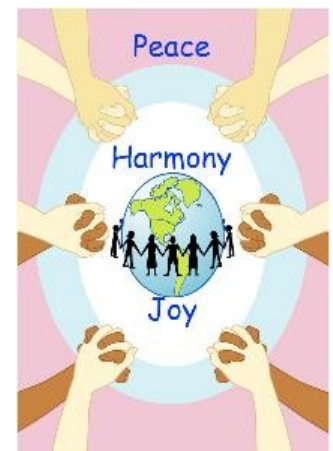
Since the heart is the center for decisions, obedience, devotion, and intentionality, the heart represents the total human person. It is within the heart that human beings meet God's Word (1 Samuel 12:24; Jeremiah 32:40) and it is therefore the location where conversation with God takes place (Psalm 51:10; Joel 2:12; Acts 2:37).

As you can see the heart is critical to living, so I encourage you to take care of your heart physically and spiritually. It is God's desire for all people to experience wholeness, which includes both the physical and spiritual aspects of heart health.

Wade

### From Pastor Bud

Out West an old shepherd had a violin, but it was out of tune. He had no way of tuning it, so in desperation he wrote to one of the radio stations and asked them at a certain hour on a certain day to strike the tone "A." The officials of the station decided they would accommodate the old fellow, and on that particular day the true tone of "A" was broadcast. His fiddle was thus tuned, and once more his cabin echoed with joyful music....As you continue on in this new year, 2012, ask God to help you tune your life every day to His Word, so you can bring peace, harmony and joy to those around you. (copied)



## Caregiver Support Group

The Caregiver Support Group continues to help all folks who have caregiving responsibilities for a loved one and who attend our meetings. The meetings are every other Wednesday at 7:00pm in the Memorial Room.



The first meeting in 2012 was on Wednesday, January 4th and we will meet every other Wednesday starting with that date, including February 1st, 15th, and 29th. We also announce our meetings in the "Mission in Motion" every Sunday.

*Caregiver Support Group*

All members and non-members of Montgomery United Methodist Church are welcome. If you have full or part-time responsibilities for caregiving for a loved one, family member, or friend, you are encouraged to attend these meetings.

There is always the opportunity at every meeting to get help from other attendees and to help other attendees by sharing what you have learned as a caregiver.

Bill Bugg

## Finance

The Finance Team had a busy and exciting 2011. All debts except the church's mortgage debt have been repaid. The 2012 budget, with a surplus, was passed by the Church Council.

The Finance Team members for 2012 are Dennis Babb, Bob Dickerson, Susan King, David Chesnut, our Treasurer's, Teri Magruder and Ruth Reitz, and chairman Bill Bugg.

The Team expects 2012 to be an even better year financially than 2011, with an eye toward increasing our outreach, including our church's Missions support as well as working towards our 20/20 vision.

Bill Bugg



**Montgomery Methodist Children's Center**

February at the Children's Center is a month of many special days, including Groundhog Day, Valentine's Day, and Presidents' Day. It's also a month where we study stories of God's love as told in the New Testament teachings of Jesus and begin the Lenten Season with Ash Wednesday.

We also invite all our families to join us for our annual MMCC Sock Hop on Friday, February 24th from 6:30 to 8:30pm!! It's always a fun time for preschoolers and their whole families and we all listen and dance to the DJ playing a variety of songs, from the "Hokie-Pokie" to "The Twist" to "The Chicken Dance"!!!

We also continue registration for the 2012-13 school year in February. Please contact the preschool office at 301-253-4884 or e-mail me at [msolsen@mmchildrenscenter.org](mailto:msolsen@mmchildrenscenter.org) for information on the registration process and available openings.



In Christian Love,

Margaret Olsen

## Tips for a Healthy Heart -- From Our Health Ministry

Dear Congregation -- As we begin the month of February, special awareness is dedicated to paying close attention to the "healthiness" of our hearts. Below is some helpful information along with useful tips that will get you thinking about your own heart. This information is from the Franklin Institute and you can explore these topics further and find additional information on their website.



### Everyday Heart Health Tips

If you're not convinced about the need to develop an exercise program for your life, you can at least try following some of these tips in your everyday routine. Take advantage of any opportunity for exercise. Try some today.

- ◆ Take the stairs instead of an elevator or escalator at school or the mall. Just start with one flight. Soon, you'll be ready for two.
- ◆ Park your car at the far end of the parking lot. The short walk to and from the store or school helps your heart.
- ◆ If you ride a bus or subway, get off a stop before your destination. Walk the rest of the way.
- ◆ If you can, spend a few minutes of your lunch break taking a stroll around the campus grounds. It should help you stay awake after lunch.
- ◆ Think of housework as an extra chance to exercise. Vacuuming briskly can be a real workout.
- ◆ Mowing the lawn, pulling weeds, and raking leaves are chores that can be done yourself as a chance to exercise.
- ◆ If you have a dog, think of the dog as an exercise machine with fur. A brisk walk with the dog is good for both of your hearts. Make it a part of your daily routine.
- ◆ If you have a family, schedule an after-dinner walk. Make it quality time.

### Keeping the Heart Clean

The human heart's job is to pump nutrient-rich blood throughout your body. If you smoke, take drugs, or drink alcohol excessively, you are giving your heart extra work. How do you feel when you have too much work to do? Your heart cannot handle too much extra work over a long period of time. Over time, the health of your heart will suffer.

Scientists have proven that smoking doubles your risk of having a heart attack and doubles, triples, or quadruples your risk of sudden cardiac death. Each year, over 300,000 Americans die of smoking-related heart disease. So, don't smoke. If you do, quit. The sooner you quit, the sooner your risk will start to decline. There is hope. Former smokers can completely lower their risk of sudden cardiac death within ten years of quitting.

Because they are foreign substances, any drug can affect your heart. Even prescribed medications can. However, since prescribed medications are legal, doctors are able to control the effect a drug will have on your heart by controlling the dosage. With illegal drugs (cocaine, heroin, marijuana, amphetamines, etc.), YOU have to control the effect on your heart. Can you do that? Only if you don't take any. Even a small amount of a drug can be potentially fatal. So, don't use illegal drugs. If you do, quit.

While drinking alcohol in moderation may not pose a risk, drinking excessively does pose a serious hazard to your heart. While alcohol flows in your blood stream, the nutrient-rich blood is less able to nourish the heart. If the alcohol content is excessive, your heart will be in danger. So, don't drink alcohol excessively. If you do, quit.

### Hypertension

There is no "ideal" blood pressure reading. However, there is a range of "normal" blood pressure readings. Generally, a reading that is less than 120 over 80 indicates that you don't need to worry. If either or both numbers are equal to or greater than 120 over 80 for an extended period of time, you have high blood pressure, or hypertension.

(continued from page 5)

Hypertension is dangerous because it causes the heart to work extra hard. This strain contributes to heart attacks and stroke. When the heart is forced to work extra hard for an extended period of time, it tends to enlarge. A slightly enlarged heart can function well, but a significantly enlarged heart cannot. High blood pressure also causes damage to the arteries, causing arterial disease.

Hypertension can be treated. Mild cases of hypertension can be treated through behavior modification like changing diet and increasing exercise. More severe cases of hypertension require medications like diuretics, beta blockers, ACE inhibitors, and calcium channel blockers. Each type of chemical works differently in an attempt to bring blood pressure back into a normal range. For example, diuretics rid the body of excess fluids and salt while beta blockers reduce the heart rate and the heart's output of blood.

Please note that these are general statements about hypertension. For individualized information, it is essential that you consult with a medical professional.

#### Interesting Facts:

*The average lifetime total heartbeats is based on an average of 72 beats per minute during an average lifespan of 75 years.  $72 \text{ beats per minute} \times 60 = 4,320 \text{ beats per hour}$ .  $4,320 \text{ beats per hour} \times 24 = 103,680 \text{ beats per day}$ .  $103,680 \text{ beats per day} \times 365 = 37,843,200 \text{ beats per year}$ .  $37,843,200 \text{ beats per year} \times 75 = 2,838,240,000 \text{ beats in an average lifetime}$*

Have a blessed month!

Dawn Reardon, Congregational Care Nurse

### **Holiday Gift Baskets - Thank You!**

The Holiday Gift Basket Committee wants to thank everyone who contributed to the Holiday Gift baskets in 2011.

No matter how you contributed it was all appreciated. Twelve families had a wonderful holiday season because of your thoughtfulness and our prayers are that we planted a few seeds of faith in Christ along the way.



Each year we try to give each family a Thanksgiving and Christmas meal with all the trimmings: Turkey, ham, stuffing, sweet potatoes, rolls, cranberry sauce, and pumpkin pie. Our congregation also provides gifts for the children. Since many of these families struggle all year long, we try to provide food for their pantries such as flour, sugar, pasta, pasta sauce, and tuna fish. During the holidays the children are home from school so the school-provided lunches and breakfasts are not available to them. With your generous donations, we were able to provide the children with cereal, bread, peanut butter, jelly, soups and packets of macaroni and cheese.

If possible, we also give special treats. What is Christmas without candy canes, chocolate and cookies? At Thanksgiving, due to leftover bags of snacks from a Youth Group outing, the families received potato chips, pretzels and cheese balls. Many of the children were thrilled with these special treats because their family food budgets rarely allow for these food items.

Even with your food donations, we had to buy over \$200 worth of food at Thanksgiving. The food bill for Thanksgiving was relatively low because someone donated all the turkeys, but at Christmas our food bill was over \$600 because we had to buy hams. The pictures on page 7 shows our full food carts and the stage filled with food and presents ready for pick-up by the deliverers who took time out of their busy schedules to deliver everything to our Holiday Gift Basket families. We cannot complete this special mission project without the help of the shoppers, the sorters, the phone callers, the deliverers, the donors, and God. Thank you all, again.

Sue Lake and Rosa Mandich, Co-chairpersons, Holiday Gift Basket Committee

## Our 20/20 Vision Update

Our 20/20 vision is as follows:

*You are the light of the world...let your light shine before others, that they may see your good deeds and glorify you Father in heaven. (Matt. 5:14-16)*

- ◆ Reach and impact 5000 people a week with the Word of God through the ministry of the church
- ◆ Be a persuasive Christ-centered, life-changing force in the world by leading people to Jesus Christ
- ◆ Serve as a teaching church by providing coaching and mentoring to new church starts and other churches wanting to change the world

After living into this vision for one year, I want to share with you where we are as we seek to be the light of the world for Christ.

- ◆ In 2011 we reached and impacted approximately 1200 people a week with the word of God through the ministry of the church. In preparing our annual statistical report for our Conference this achievement became abundantly clear.
- ◆ This past year we know that we led 25 people to Christ formally, as they professed their faith in Jesus Christ before the congregation. We also know that through the efforts of the congregation lives were changed in some remarkable ways as people witnessed to their God moments.
- ◆ Over the course of the year the church provided a mentoring environment to several potential clergy candidates. In addition, we received a number of calls and engaged in many conversations with people wanting to know the why's and how's of our ministry. Other churches, from differing faith traditions, are seeking guidance from us on how we grow in faith, serve others, and share Christ with all...to the glory of God.

Wow! What a great start to achieving God's vision for us. But lets not get complacent or all puffed up. It is not about us, it is all about God, and God is not done with us yet!

Wade



## **Our Church Leaders -- Who's Who**

Below is the **Lay Leadership Report for 2012**, listing our church leaders.

### **Church Council**

Tony Reardon, Chair (2013)

**Worship** – Pastor Wade

**Christian Education** – Marti Seraphin

**Mission & Outreach** – Gib Warnick (2014)

**Congregational Care** – Lorraine Evans (2014)

**Together in Life** – Laura Stancliff (2013)

**Trustees** – Tom Rhinehart

**SPRC** – Bruce Weston (2013)

**Finance** – Bill Bugg

**Administration** – Pastor Wade

**Sports Ministry** – Karen Skidmore (2014)

**Member to Annual Conf.** – Chris Bingaman (2013)

**Recording Secretary** – Trisha McGaughey (2013)

**Lay Leader** - Cindy Hawk (2014)

**Historian** – Joyce Rhodes

**Youth Representative** – TBD

**Members at Large:**

Dallas Saah (2012)

Vince Defrancisci (2013)

Lauren Herdich (2014)

**Treasurer(s):** Ruth Reitz / Teri Magruder

### **Discipleship Team Leaders**

**Worship** – Senior Pastor (Wade Martin)

**Christian Education** – Director, Christian Education (Marti Seraphin)

**Mission & Outreach** – Gib Warnick (2014)

**Congregational Care** – Lorraine Evans (2014)

**Together in Life** – Laura Stancliff (2013)

**Sports Ministry** – Karen Skidmore (2014)

# THANK YOU FOR

## Resourcing Teams

### Finance

Bill Bugg (Team Leader)

Ruth Reitz

Teri Magruder

Bob Dickerson

Susan King

Dennis Babb

Dave Chesnut

### Staff Parish Relations

#### Class of 2012

Robert Beall

Bob Sprague

Donna Isaacs

#### Class of 2013

Judy King

Michelle Johnson

Bruce Weston (Team Leader)

#### Class of 2014

Kristin Zebroski

Debbie Leonard

Judy Semenuk

### Trustees

#### Class of 2012

Mike Mills

Vicki Mills

TJ Rhinehart

#### Class of 2013

Rob Skidmore

Dent Herndon

Chris Cumberledge

#### Class of 2014

Tom Rhinehart (Team Leader)

Donnie Leonard

Teresa Cooley

### Nominations

#### Class of 2012

Katie Rhinehart

Glenda Shea

Lorraine Evans

#### Class of 2013

Sharon Rhodes

Margaret Olsen

Ellen DeLisi

#### Class of 2014

Christy Farster

Diane Novinsky

Byron Copley

# SERVING OUR CHURCH!



**Children's Basketball** – The 4th annual children's basketball league is well under way. The program for children ages 4-6 is for beginners and includes limited instruction. Children ages 7-10 is focused on learning skills. The young children play on Saturday mornings and the youth play on Saturday evenings.

We are excited to have over 80 children playing in our Saturday morning league. The format for the 2<sup>nd</sup>-5<sup>th</sup> graders has been changed a bit to include more practice and learning of skills, in addition to scrimmages. For the middle school teams, we have two teams of 8 youth. As Coach Katie says, “they truly are demonstrating Christian leadership in their words and actions. Coach Karen, Coach TJ, and myself are blessed to be working with so many wonderful kids, both young and old!”

If you are interested in coming to a game, the February schedule is as follows:

Children play at the Church on Saturday mornings.

February 5 <sup>th</sup>	
9am	Team 2 v. Team 3
9:45am	Team 1 v. Team 5
10:30am	Team 4 v. Team 6
February 12 <sup>th</sup>	
9am	Team 1 v. Team 4
9:45 am	Team 3 v. Team 2
10:30 am	Team 6 v. Team 5
February 19	
9am	Team 3 v Team 6
9:45 am	Team 1 v. Team 2
10:30 am	Team 5 v. Team 4
February 26	
9am	Team 2 v Team 4
9:45 am	Team 1 v. Team 3
10:30am	Team 6 v Team 5

6<sup>th</sup>-7<sup>th</sup> grade

Date	Day	Time	Visitor	Home	Gym
2/4/12	Saturday	6pm	Redland Baptist	Montgomery United Methodist	Rocky Hill
2/11/12	Saturday	7pm	Montgomery United Methodist	Greenridge Baptist Church	Rocky Hill
2/18/12	Saturday	8pm	Montgomery United Methodist	Redeemer Lutheran	Rocky Hill
2/25/12	Saturday	6pm	Damascus Road CC	Montgomery United Methodist	Rocky Hill

8<sup>th</sup>-9th grade

Date	Day	Time	Visitor	Home	Gym
2/11/12	Saturday	6pm	Montgomery United Methodist	Damascus United Methodist	Greenridge Baptist Church
2/18/12	Saturday	8pm	Montgomery United Methodist	Damascus Road CC	Greenridge Baptist Church
2/25/12	Saturday	5pm	Redland Baptist Church	Montgomery United Methodist	Greenridge Baptist Church

We hope to see you there.

Coach Katie



Above: The blue and green teams play.

Below: Handshake after the game.



Above: Coach Katie leads teams in prayer before game.



**SISTERS IN FAITH 2012**

**REGISTRATION**

**Saturday, March 24th**

**8am to 3pm**

**Speaker: Sharon Glasgow**

Name: (one name per form, please print)  
\_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone #: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_  
\_\_\_\_\_

Home Church: \_\_\_\_\_  
\_\_\_\_\_

Cost: \$25.00 (includes lunch)

Make checks payable to:

**Montgomery United Methodist Church**

Mail check and form to:

**Montgomery United Methodist Church  
28325 Kemptown Road  
Damascus, MD 20872**

Cut along this line