



The Christian Progress

Dahlgren United Methodist Church

October 2018

VISIONING UPDATE

Our first Visioning Team Congregational Event was held Saturday September 22nd and we had nearly 30 members participate. Some came for a few hours and some were able to stay for the entire event. We all learned a lot about each other and our church. To quote one of our participants, "That was actually a lot of fun!"

Throughout the event we listened to our members identify and discuss DUMC's Core Values, took a walk down memory lane with a History Timeline of our church, and searched the church's website, Facebook page, grounds and facility to see what we are telling others is important to us. Why do we start with the past to define the future? Because our renewed Vision must flow from our congregation's unique history, culture and values.

So, what's next? We are going to assess our congregational needs and strengths and understand our church in context to the community around us. This will be accomplished at our second Visioning Team Congregational Event on November 3rd from 9:00 AM - 3:00 PM. Please mark your calendars.



In order to prepare for the next event, we need to collect data about our community. We would like as many people as possible in our congregation to engage in community conversations with friends, co-workers, and political and business leaders in our neighborhood. This will consist of three questions concerning our community, the most pressing issues facing our community, and our church as part of the community. Watch the church bulletin for more information on community conversations.

And let's not forget about those surveys. To date we have collected 26 surveys. If you have not filled one out yet, they can be found in the church office and at the back of the sanctuary. That is only about 25% of our active members. It is important for all voices to be heard as we seek to understand God's vision for Dahlgren United Methodist Church.

The Visioning Team



Thomas G. Lee, Sr.,
Pastor

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Website:
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Office Hours:
Monday-Thursday
8:30 AM – 3:30 PM

Announcements

Little Lambs

Bible Story & Art Time

This is a “parent & me” style group for ages 0-5 years that meets once a month at Dahlgren United Methodist Church from 10 AM – 12 Noon on the first Friday of the month. We read a Bible story, have a snack, do art projects related to the story, and allow for some fun playtime for the kids while the adults have a chance to chat. This program is free of charge and you may call the church office for more information at 663-2230 or email dumclittlelambs@yahoo.com.

Please bring a friend, too!



WEDNESDAY NIGHT PROGRAM

Tell others about our Wednesday night dinner and hour-long church event for children ages 4 -10 years old. GLOH meets from:

5:30-6:00 PM (free dinner) * 6:00-7:00 PM (classes)

GAME NIGHT

Friday, Oct 19, 2018 from 6:00 – 8:00 PM. Plan now to come out for a night of fun and fellowship in a casual setting. A movie room will be set up for ages 10 and under. Even if you aren't a board game fan, come, just relax and talk. Snacks are not provided but please feel free to bring something along to share.

LADIES FELLOWSHIP

The Ladies will be going to Normandie Cuisine on St. Paul's Church Road in King George on Friday, October 19th at 6:00PM. Plan on an evening out and enjoy a delicious meal with friends. Cost varies depending on your order. Also, interest is being sought for a group of Ladies who may want to go see Handel's Messiah at the National Cathedral on Saturday, December 8th. Tickets range from \$40-\$60. Scholarships are available. Please contact Carolyn at ncmshort@gmail.com or 540-226-9237 let her know of your interest for either of these events.

DAHLGREN YOUTH FELLOWSHIP

Meets every other Sunday at the parsonage 16892 Fairfax Drive, KG
from 4:00 - 5:30 PM - **OCTOBER dates: 7th & 21st**

CHURCH FAMILY DIRECTORY



The office is in the process of updating our FAMILY DIRECTORY with names, addresses, emails, and phone numbers. If you or your family has had any change to these within the past couple years please email, call, office@dahlgrenumc.org, 540-663-2230 or write it on a prayer card and place in the church office. Thank you for your help with this project.

IN THE SPOTLIGHT

The purpose of our Spotlight Board is to learn more about the members and guests of the DUMC Family. Please take a moment to check out the bulletin board in the hallway for our featured person of the week. Let the office know if you'd be willing to be in **our** Spotlight!

COMING AGAIN! WE NEED YOUR HELP!



Free Community Event

This will be the third year for DUMC'S Trunk or Treat on October 31st. We are hosting this event again, so parents can take their children to a safe and fun place for Halloween. We will have the Teal Pumpkin Project for participants with food allergies. We will be serving hotdogs, chips, drinks, and



desserts. This event has grown every year, so we will need as much on-site help and donations as possible. Dress up, decorate your car trunk, or come and show a friendly face. More Information and signups will be available at a later date.



LOCAL MISSIONS

OCTOBER MISSION TEAM FOCUS

LOVE THY NEIGHBOR/ FAITH IN ACTION

DUMC partners with **Faith in Action Benevolence Fund** of King George Church of God. Faith in Action works with individuals on a case by case basis. Interviews are conducted to assess the financial needs. They provide resources, budget plans, and limited financial assistance to help stabilize transition, and ultimately improve the individual's situation. Likewise, they address the emotional and spiritual needs that are often brought on by these circumstances through prayer and counseling. Faith in action has recently started working with **the Love Thy Neighbor Community Center** at a new location in the former Classy Décor Building. Love Thy Neighbor has been operating since 2012 and meets the third Sunday of Each Month providing meals and use of the Food Bank from 2:00-5:00 PM. The Financial support DUMC gives to Faith in Action directly helps those in need right here in our community.

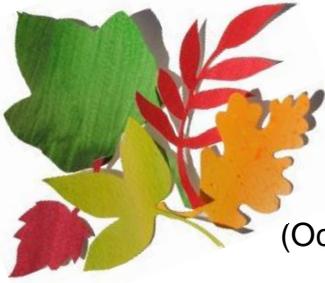
FOOD CHEST

WE CAN DO THIS!!! We are very close to our 3,000-pound goal of food for King George Social Services (KGSS). For many years DUMC has been the primary source of the food bank within KGSS. We want to reach our goal as it supports folks in need within the county. The food chest is emptied regularly and delivered to KGSS. Each family bringing in a can or two for deposit in the food chest at the base of the stairs, would greatly help. Coupled with the monthly shopping the Mission Team does for this cause, we **can** reach our goal. When food deliveries are made to KGSS, someone in need is shopping the shelves and leaving with a needed bag of food. Our contribution makes a difference, We need 555 pounds before the end of the year. Between monthly shopping and food from the congregation, **WE CAN DO THIS!!!**

Mission Team - Thanksgiving Baskets

We will be sponsoring Thanksgiving Baskets for King George Social Services again this year. Look for more information in the coming weeks and November Newsletter.





COMBINED DISTRICT CONFERENCE & CHARGE CONFERENCES

(October 28 at Wrights Chapel UMC from 2:30 – 4:30 PM)

Our upcoming Charge Conference is scheduled for Sunday, October 28th at Wright's Chapel. District Superintendent, Ted Smith has elected to subdivide the district into three regions and combine the business of district conference and charge conferences as three separate events. Each of the three events are to be spirited celebrations of all God has done in and through the Rappahannock River District since Rev. Ted was appointed in 2011. The two business portions (District and Charge Conference) will occur early in the event followed by praise and celebration. **All members of our church council are encouraged to participate.**

Lay Servant Training Offered

The Rappahannock River District is pleased to announce our Lay Servant Ministry Training for October. Join us October 5 - 6, 2018 at Regester Chapel UMC in Stafford, VA.

Classes are Friday evening from 6:30pm - 10:00pm and Saturday from 8:00am - 4:30pm. Cost is \$15 and includes snacks Friday evening and continental breakfast and lunch Saturday.

Questions?

Please contact Lay Servant Ministries, Director Dottie Garrison at 703-403-8953 or dottiegarrison@yahoo.com or the Visit the Rappahannock River District Office at 804.448.8326 or go to rrdistrict@vaumc.org. for the registration form

Lay Servant Training can help anyone who is interested in learning more in their pursuit of being a better leader and servant for Christ's church. These classes can be used as tools in discerning God's call for your personal walk and ministry. You don't have to be on the Lay Servant Track to take a class.

Classes offered are:

- Basic taught by Mr. John Nelson
- Discovering Your Spiritual Gifts taught by Rev. Sung Il Yoo
- Intentional Discipleship Making taught by Rev. Jeff Campbell from UMC Discipleship Ministries
- Leading Worship taught by Rev. Brian Lamb



Bible Study and Fellowship Opportunities

Weekly Offerings

Monday Morning Prayer - Meets Monday mornings from 7:00-7:30 AM. Start your week off right!

Tuesday Men's Bible Study - Meets on Tuesday mornings at 10:00 AM upstairs at the church.

GLoH Wednesday Evening Children's Program with accompanying Adult Bible Survey class -5:30 dinner -7:00PM

Thursday Prayer Meeting - Meets on Thursdays at 11:30 AM in the sanctuary.

Thursday Bible Study –Meets at 2:15 PM in the Belle House.

Children's Offerings

Elementary Sunday School - (Pre-K -5th grade) classes will begin at 9:45 AM and Children's Church occurs during the 11:00 AM service. We lead children to experience God through Bible study lessons, positive peer relations, prayer, fun Christian activities, and Christian music so they may come to know Jesus as their Lord and Savior!

Middle School & High School - (6th -12th) classes will begin at 9:45 AM. We lead our Youth to experience God through Bible study lessons, positive peer relations, prayer, and other activities so they may come to know Jesus as their Lord and Savior!

Adult Sunday School Offerings

Faith Builders meets in the small alcove to the left at back of Social Hall at 9:45 AM with a Bible study and discussion format.

The **Seekers** Sunday School Class is an adult Bible study discussion class using the Uniform Series International Bible Lessons. Come seek and learn through this thoughtful and rewarding Bible study series. Meets at 9:45 AM at the Belle House.

The Christian Studies Sunday School (CSSS) Meets at 9:45 AM in room The back left of the Sanctuary.

"Swedish" Bible Study is a spirit-lead way of studying the Bible. Meets at 9:45 AM in the Pastor's Office.

***NEW* The Gospel Project** – Meets at 9:45 AM in Room 14 (Door to the left in the Atrium).

Minding Health Matters Taking Care of God's Temple

For the last two Sundays I have noted kids riding their bikes to church. That in itself is WONDERFUL—self initiative to attend. My joy in that is tempered by the observation that I have not seen one with a helmet. A major concern. I know we humans can be hard-headed, but in any encounter with a road, we are going to come out on the short end.

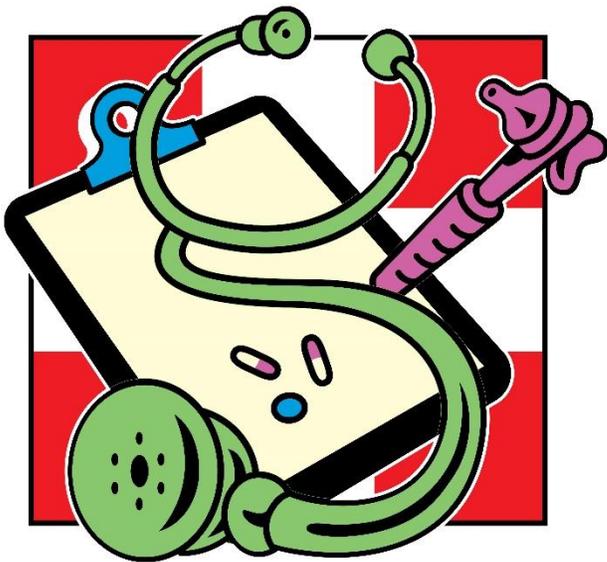
My observations were piqued by an encounter with a young man whom I did not remember (I know—old--bad memory) but he knew me... "I remember you, you used to give us kids lollipops for wearing our bike helmets." His story brought tears to my eyes; but maybe I should break out the tootsie roll pops again.

In 2015 there were more than 1000 bicycle related deaths, and almost 500,000 injuries—or about 25 an hour. While people aged 50 – 60 have the highest death rates, those 5 thru 19 have the highest non-fatal injury rates. Males are 6 times more likely to die, and 4 times more likely to be injured than females, (church riders: 3 boys, 1 girl) so maybe there is a correlation between gender/ use. Most accidents occur in urban areas and not at intersections. They involve upper body injuries of bruises, scrapes and cuts. But traumatic brain injury is a very real possibility in 11 % of incidents, especially in 10 to 14-year olds. TBI can have far reaching, delayed and severe impacts on one's life.

Helmets are not the total answer but can significantly lessen the seriousness of injuries to the head and neck, and rate of hospitalization for all ages. The helmet must be of the right head size; proper fit with strap adjustments for vision, coverage and positioning; and bicycle specific /type. It should be certified by the US Consumer Product Safety Commission. A helmet should NOT be a toy or for show. It is BIKE SAFETY EQUIPMENT. (See bulletin board.) It is recommended that a helmet be *replaced* after *any impact event* and your doctor contacted. [Other activities have specifically designed helmets: skate boards, ATVs, etc.]

A rider needs to be safety conscious by wearing florescent/bright clothing; have a bike equipped with reflectors, white front light, and red rear light; and following the rules of the road—like cars. Wearing bicycle helmets has statistically contributed to a decrease in the severity of head and neck injuries. Being pro- active—the ounces of prevention instead of pounds--and days of cure—That's taking good care of God's Temple.





Health Alert:

On another note I'd like to bring up **Hand, Foot and Mouth Disease** caused by a coxsackie virus. According to the CDC there is a recent sharply increased occurrence of this infection in several states, *Virginia* among them.

This common virus usually occurs in late summer and early fall among children under 5 [to 10]. However, it can occur at any age. (Ask my grandson!) It usually starts with cold symptoms: fever, runny nose, decreased appetite and just not feeling well. In a day or two a rash starts on the soles of feet, palms of hands, and inside the back of the mouth. This is where the name comes from! [Other areas include knees, elbows, buttocks and 'privates'. Not all areas may be affected.] The blisters/sores in the mouth can become quite **painful** interfering with eating and drinking, thus leading to **dehydration**. If there is any concern, contact your doctor.

HFMD is spread easily both by direct contact with saliva, mucus, secretions from sores and feces, and indirectly via objects, clothing, and surfaces. Thus, thorough handwashing is essential, as well as limited contact. This is a time when it is ok to not share cups, plates, drinks, etc. Disinfecting commonly touched surfaces is also necessary. Most people are contagious for up to 7 days.

Care is directed toward easing symptoms—esp. sore throat—and includes OTC pain meds i.e. Tylenol* (not aspirin), popsicles, yogurts and smoothies. Several articles mentioned mouth numbing rinses and sprays—but one should *contact your doctor before using them – {possible choking risk}. Take care out there!

From your Parish Nurse, Kathy Phillips, RN

References: cdc.gov/motorvehiclesafety/bicycle www.helmets.org/stats.htm city of Madison.com/bikesafety

References: cdc.gov/hand-foot-mouth-disease Ny.gov/disease/contagious/hand-foot-mouth

[CBSnews/outbreaks/SW states/including VA 9/5/18](http://CBSnews/outbreaks/SW_states/including_VA_9/5/18) www.WebMD.com/children/communicable/hand-foot-mouth

Practical Praying for the Hands-On Heart

Remember that saying: “Faith is a well you dig before you need the water”? Well, Bible study is your shovel.

- 1) Sometimes God has His work really cut out for Him when we ask Him for help because it is next to impossible for Him to remind us of verses we have not read. I'm not claiming He can't do it. But it is infinitely easier on Him when we have.
- 2) Speed reading the Bible is like water-skiing over Scripture. Staying upright is our focus – total immersion is God's.
- 3) Have you ever ransacked your Bible as a kind of divine resource book for your problem(s)? we entertain the Holy Spirit mightily who watches patiently, while we frantically search it on our own. Which can lead to:
- 4) Selecting verses and arranging them in such a way to say what we want to hear. This is laughable if not dangerous and can result in something like this: “[Judas] departed and went and hanged himself.” “Then said Jesus unto him, Go and do thou likewise.” (Matthew 27v5 and Luke 10v37)



In Alcoholics Anonymous, when a member offers an idea that might be helpful to someone else, he/she follows it with “That’s what works for me.” Talking about Bible study is kind of like that, so next month watch for what works for some of us.

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 7:00 AM - 7:30 AM Monday Morning Prayer Group 4:00 PM Worship Team	2 10:00 AM Men's Group 6:00-8:80 PM Disciple IV 7:00 PM Boy Scouts	3 5:30-7:00 PM GLoH Program 7:00 PM Trustees 7:00 PM Mission Team	4 11:30 AM Prayer Group 2:15 PM – Bible Study at Belle House 6:00 PM – Choir Practice	5 Offices Closed 8:00 AM -12 Noon Sheep's Pen Open 10:00 AM –12:00 PM Little Lambs Story & Art Time	6 Offices Closed Church Cleaning 9:30 AM Praise Band Practice
7 Offices Closed 8:30 AM Contemporary Worship 9:45 AM Sunday School 11:00 AM Traditional Worship 4:00-5:30 PM Youth Fellowship	8 7:00 AM - 7:30 AM Monday Morning Prayer Group 7:00 PM – DCP Meeting	9 10:00 AM Men's Group 5:00 PM – Finance 6:00-8:80 PM Disciple IV 7:00 PM Boy Scouts	10 5:30-7:00 PM GLoH Program 7:00 PM Church Council	11 11:30 AM Prayer Group 2:15 PM – Bible Study at Belle House 6:00 PM – Choir Practice	12 Offices Closed 9:30 AM-1:00 PM Guarding Hearts Homeschool	13 Offices Closed Church Cleaning 9:30 AM Praise Band Practice
14 Offices Closed 8:30 AM Contemporary Worship 9:45 AM Sunday School 11:00 AM Traditional Worship	15 7:00 AM - 7:30 AM Monday Morning Prayer Group	16 10:00 AM Men's Group 5:00 PM – Finance 6:00-8:80 PM Disciple IV 7:00 PM Boy Scouts	17 5:30-7:00 PM GLoH Program 7:00 PM Vision Team	18 11:30 AM Prayer Group 2:15 PM – Bible Study at Belle House 6:00 PM – Choir Practice	19 Offices Closed 8:00 AM -12 Noon Sheep's Pen Open 6:00 PM Ladies Fellowship @ Normandie Cuisine 6:00-8:00 PM Game Night	20 Offices Closed Church Cleaning 9:30 AM Praise Band Practice
21 Offices Closed 8:30 AM Contemporary Worship 9:45 AM Sunday School 11:00 AM Traditional Worship 4:00-5:30 PM Youth Fellowship	22 7:00 AM - 7:30 AM Monday Morning Prayer Group	23 10:00 AM Men's Group 6:00-8:80 PM Disciple IV 6:30 PM Scout Adult Leaders Meeting 7:00 PM Boy Scouts	24 5:30-7:00 PM GLoH Program	25 11:30 AM Prayer Group 2:15 PM – Bible Study at Belle House 6:00 PM – Choir Practice	26 Offices Closed 9:30 AM-1:00 PM Guarding Hearts Homeschool	27 Offices Closed Church Cleaning 9:30 AM Praise Band Practice
28 Offices Closed 8:30 AM Contemporary Worship 9:45 AM Sunday School 11:00 AM Traditional Worship 2:30 - 4:00 PM Charge Conference @ Wright's Chapel UMC	29 7:00 AM - 7:30 AM Monday Morning Prayer Group	30 10:00 AM Men's Group 6:00-8:80 PM Disciple IV 7:00 PM Boy Scouts	31  COMMUNITY EVENT 5:00 – 8:00 PM			

The Back Page

OCTOBER	Greeter & Usher 8:30AM	Greeter 11:00AM	Usher 11:00AM	Liturgist 11:00AM	FLOWERS
7	Janice Shelton	Denise Ramsbotham	Kerry Dachos/ Maggie McDaniel	Pam Engel	Communion
14	Janice Shelton	Maggie McDaniel	Rod & Cathy Cutright	Lowell Moore	Kathy Phillips
21	Janice Shelton	Susan Bartyczak	Larry & Jan Leonhardt	Dick Post	Kurt Erikson
28	Janice Shelton	Michele Robinson	Denise Ramsbotham/ Lisa Wagner	Claire Collings	Janice Shelton

Financial Update September 2018

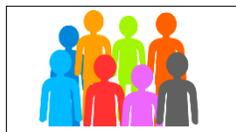
September General Fund Giving Total:
Current Total of September General Fund Giving:
\$26,526.00**

General Fund Monthly Goal: **\$29,294.00**

**These amounts do not reflect gifts given for missions, mortgages or any other designated funds.



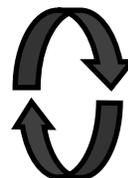
WAYS TO DONATE TO DAHLGREN UNITED METHODIST CHURCH



Collection box to the
right of the Sanctuary
entrance



DUMC Website
(dahlgrenumc.org)
click on "Donate"



Donor arranged
through personal
on-line banking