



The Christian Progress

Dahlgren United Methodist Church

MARCH 2019

POST GENERAL CONFERENCE UPDATES

There will be two meetings in March after the Called General Conference to update you on the results. Please feel free to attend the meeting closest to you.

Saturday, March 2 – Trinity Catlett UMC 9280 Old Dumfries Road, Catlett, VA -10:00 AM

Saturday, March 2 - Warsaw UMC 287 Main Street, Warsaw, VA - 4:00 PM

For the final report of the Commission on the Way Forward and other relative information, **go to <http://www.umc.org/topics/general-conference-2019-special-session>**

Bishop Lewis will hold an address titled “**State of the Church: Where do we go from here?**” on Monday, March 4, following the Special Session of General Conference. The event will be livestreamed at www.livestream.com/vaumc/stateofthechurch from 10 a.m. to 11:30 a.m. featuring an address by Bishop Lewis as well as time for questions and answers. The event footage will be archived at the same link for later viewing.

Little Lambs Bible Story & Art Time

This is a “parent & me(child)” 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. March 1st is our next meeting! 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 540-663-2230 or email dumclittlelambs@yahoo.com. Please bring a friend, too!



REMEMBER



SUNDAY, MARCH 10



**Thomas G. Lee, Sr.,
Pastor**

**P.O. Box 1797
Dahlgren, VA 22448**

**Office Hours:
Monday-Thursday
8:30 AM – 3:30 PM
Church: (540) 663-2230**

**Emergency Contact:
(540) 263-2238
tomlee@vaumc.org**

**Email:
office@dahlgrenumc.org**

**Website:
www.dahlgrenumc.org**

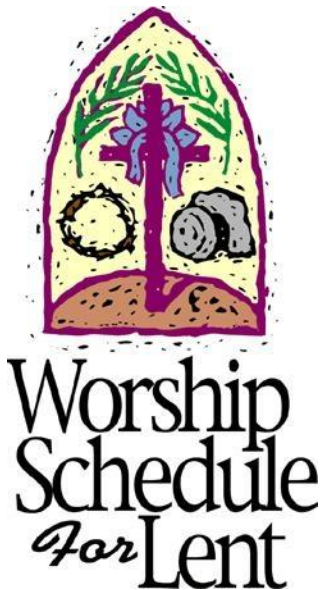
ASH WEDNESDAY SERVICE

Plan to attend our Ash Wednesday Service on Wednesday, March 6, 2019 at 7:00 PM for "The Service of Ashes". Special Music will be provided by Jim Ramsbotham. This begins our focus on preparing our hearts for the Easter Season.

SEASONS OF JOY AND GLADNESS

Society of St. Andrew Lenten Devotional and Bank

Join the Society of St. Andrew (SoSA) in feeding our hungry brothers and sisters as you feed your spirit during the Lenten season. At the back of the Sanctuary you will find a free devotional booklet with daily scripture readings, reflections, and prayers. Set aside a few minutes each day from Ash Wednesday to Easter Sunday as a spiritual discipline to focus throughout Lent on your own season of life and move toward Joy and Gladness. There is also a coin bank provided for spare change or any amount you choose that will provide a healthy meal to hungry people at a cost of just over 15 cents per meal. Please return the banks to the church office or give them to Carolyn Nelson when completed.



Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. *Lent* comes from the Anglo-Saxon word *Lencten*, which means "spring." The season is a preparation for celebrating Easter. Historically, Lent began as a period of fasting and preparation for baptism by converts and then became a time for penance by all Christians. (from The United Methodist Book of Worship, copyright 1992, The United Methodist Publishing House).

WEDNESDAY LENTEN SERVICES AND LUNCHES

Plan now to join us every Wednesday during Lent to our 12:00 Noon Service with Guest Speakers and Special Music each week. A light lunch in the Social Hall will follow each service. All are welcome! Please invite your friends and co-workers. March 13, March 20, March 27, April 3, April 10. No service on Wednesday, April 17th.

MAUNDAY THURSDAY SERVICE – Join us Thursday, April 18 at 7:00 PM in the sanctuary for a Holy Thursday Service. The Choir will provide Special Music.

GOOD FRIDAY – KING GEORGE COMMUNITY CROSS WALK - On Friday, April 19th the walk begins at King George High School at 5:00 PM and ends at King George Church of God (8095 Kings Hwy, KG). For more info contact Pastor Danny at 540-775-2690 or email to kgcogva@gmail.com.

SUNDAY, APRIL 21, 2019

SUNRISE SERVICE – 6:30 AM

BREAKFAST FOR ALL – 7:00 AM

CONTEMPORARY SERVICE – 8:30AM

SUNDAY SCHOOL - 9:45 AM

TRADITIONAL SERVICE WITH MINI CANTATA – 11:00 AM

RESURRECTION EGG HUNT FOR CHILDREN – 12:00 PM

Our annual Resurrection Egg Hunt will be immediately following the 11:00 AM worship service on Easter Sunday, April 21st. Kids of all ages are invited to participate (Middle School and High School age kids are welcome to help hide the eggs). Participants should meet April Getty in the atrium before going into the Sanctuary for the hunt.

E A S T E R

Sunday



ON-GOING ACTIVITIES AT DUMC

JOIN THE CHOIR!

We are seeking to grow our church choir! Rehearsals are Thursday evenings from 6:00 - 7:00 PM. The ability to read music is helpful but not required. Please direct any questions to srebekah3@gmail.com.

RED CUP SUNDAY CHANGE COLLECTION

The last Sunday of each month will be "Red Cup Sunday". Change will be collected each last Sunday and sent to our Cambodian Missionary, Clara Biswas.

YOUTH PROGRAMS FOR AGES 4 - 18

WEDNESDAY NIGHT GLoH (God's Little Hero's) 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)

DAHLGREN YOUTH FELLOWSHIP

All Middle School and High School youth are welcome. Regular meetings are on the First and Third Sunday of each month. Meeting are held at the parsonage at 16892 Fairfax Drive, King George from 4:00 - 5:30 PM.

HELP US GET TO KNOW YOU BETTER! BE IN THE "SPOTLIGHT"

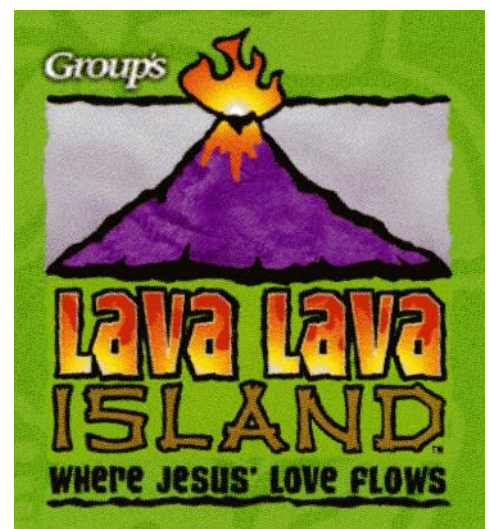
The purpose of our Spotlight Board is to learn more about the members and guests of the DUMC Family. Please take a moment to check out the bulletin board in the hallway for our featured person. Let Pam Engel know or the church office if you'd be willing to be in our Spotlight!

Save the Date! VBS 2019 will be July 15-19!

This year's theme is *Lava Lava Island* by Group Publishing (2004), and the format will be as usual: Dinner from 5:00 - 5:45pm (volunteers may start at 4:45), music and activities from 5:45-8:30pm.

This VBS is designed for ages 4 and up. 3-year-olds are welcome to attend if accompanied by a parent or guardian. Middle school and high school age children are able to serve as a volunteer, if they wish.

If you have any questions or you'd like to sign up to volunteer, please contact the VBS director, April Getty, at vbsdiretor@gettyfamily.com.



Bible Study, Prayer Groups, and Classes at DUMC

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.

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

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

Faith Builders meets in the small alcove on 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.

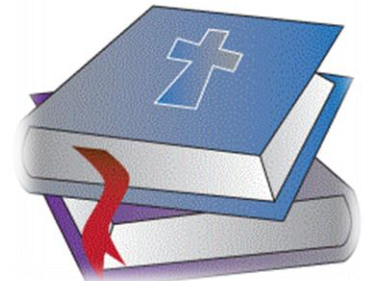
The Christian Studies Sunday School (CSSS) Meets at 9:45 AM in the back left of the Sanctuary.

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

All Scripture is breathed out by God and
profitable for teaching, for reproof, for
correction, and for training in righteousness,
that the man of God may be competent,
equipped for every good work.

2 Timothy 3:16-17 ESV

Christian Education



CHRISTIAN CAMP OPPORTUNITIES

The United Methodist Church has long supported Outdoor Ministry and specifically, Christian Camping. In 1966, Westview on the James was founded in order to offer a "place apart" where children can experience and grow deeper with God. In this busy, often stressful world, Christian camps offer children a sacred space in the natural world where they can encounter God, enjoy Christian hospitality and community, nurture their faith and discipleship, and learn creation care and appreciation. Oh, and have lots of fun! Leaving behind their normal routines and distractions, Westview campers can enjoy water sliding, zip lining, canoeing, kayaking, swimming, biking, hiking, music, crafts, a new bouldering wall and high ropes course, worship, and more!

A fully-accredited member of the American Camp Association, Westview on the James continues to meet or exceed the summer camping industry's standards for safe operation, employing best practices to maintain a summer camp program of the highest quality.

Let's go camping at
Westview on the James



Westview offers a variety of camp sessions including Mini-Camp, Resident Camp, Adventure Camp, and Two-Week Camp. Counselor in Training Camp is also offered for 15-16-year old's who desire to develop their leadership skills while participating in camp activities.

Beautifully located on 780 acres of rolling hills and fields, including an 18-acre lake and 1 mile of riverfront, in Goochland, Virginia, Westview on the James is easily accessible from I-64. Westview on the James is an ideal location for summer camp, retreats, gatherings, and special events.

Join us for Open House on Sunday, April 28, 2019 from 12:00-4:00 PM! Tour the camp, try some activities, and meet our awesome staff! Lunch and refreshments will be provided. Open House is free, and you do not need to make reservations.

Information booklets are available on the front table in the Atrium.

PRACTICAL PRAYING FOR THE HANDS-ON HEART

May I please introduce you to GROOKS*? During the Nazi occupation of Denmark, its citizenry quietly opposed them by using the weapon of creativity.** GROOKS came to life as short, truthful, humorous poems that were never picked up on the no-nonsense Germans' radar. "The Cure for Exhaustion" is a favorite of many:

Sometimes, exhausted/with toil and endeavor,/
I wish I could sleep/for ever and ever;/
but then this reflection/my longing allays:/
I shall be doing it/one of these days.

However, for me, it is "An Ethical Grook"* that wields the sword of the Spirit:

I see/ and I hear/ and I speak no evil;/
I carry/ no malice/ within my breast;/
yet quite without/ wishing/ a man to the devil/
one may be/ permitted/ to hope for the best.

More than a half-century later, there's still a huge confession embedded within those four lines.

Is it yours?

1* GROOKS was published by the Doubleday & Company Inc., Garden City, N.Y.

copyright in 1968 by Piet Hein.

2** In an act of unforgettable courage, when the Danes heard the Nazis order

all the Jews in Denmark to wear Stars of David on their outer clothing, every

Danish citizen donned one as well. --

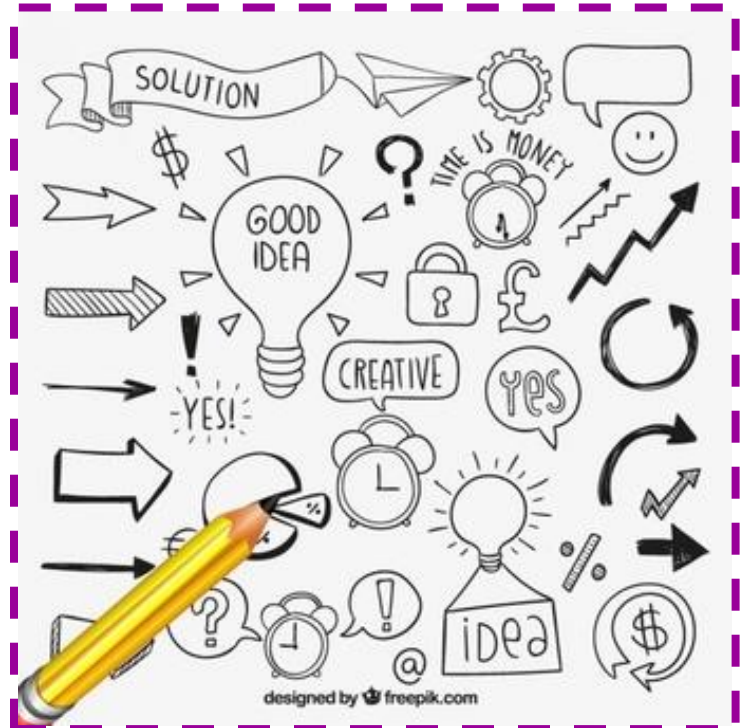


MINDING HEALTH MATTERS

March winds doth blow and we are bored with winter--except for maybe the brief excitement of snow. Some of us are getting restless and don't know what to do with our idle hands. I have come across interesting new research that suggests the 'fine art' of doodling may be just what the doctor ordered.

Now doodling does not excite teachers--"stop doodling and pay attention, take notes"-- However new studies show that this art has benefits no matter if it is a pattern, cartoon, or object. Surprise, surprise, doodling can help you **remember things** by improving concentration. It helps one **learn better by being more focused**.

I took a course once ("Accelerated Learning") that recommended you present students with facts presented as silly 'cartoons'. The sillier the drawing, figure, etc. the more they remembered. It worked and was fun! It helps with being **more creative** by stimulating different parts of the brain, letting you look at things in a different light, in effect letting you think in pictures. Doodling lets you **express emotions/feeling** in a safe outlet. Maybe letting out things you wouldn't normally say out loud. Next this art form lets you have more fun, **relieving stress**. I have used a repetitive circle drawing exercise with students as a way to calm down and release frustration....The same drawing motion --circles-- over and over again; faster and faster! Whew, what a relief it is! This allows you to return to tasks **refreshed**.



Doodling can be a **creative outlet**--along with adult fun coloring books--It doesn't have to be a master-piece, follow rules, or be judged. It helps with **problem solving skills**. It can help you to not get bogged down in all the specifics, minut data, etc., and look at the **bigger picture**. It can lead you to **insights. Better health, fewer doctor visits, and less medication use** are also associated with doodling.

Who'd have thought that there would be benefits of scribbling with a pencil! People who doodle are inclined to be more **social** and involved with others, **nurturing** and **resilient**. It is noted they have a greater sense of satisfaction, well-being and are **happier**.

So, march right up to that piece of paper and pen, pencil or crayon and let out your inner child. Doodle a little and feel a lot better. That's taking good care of God's Temple!

[Supplies at the parish nurse bulletin board.]

Brought to you by your Parish Nurse
Kathy Phillips, RN

Sources: healthplusmalta.com/health-news/benefits-daily-doodle
theatlantic.com/entertainment/archive/2015/07/doodling-for-cognitive-benefits
www.health.harvard.edu/blog/the-thinking-benefits-of-doodling
daringtolivefully.com/doodling-benefits



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	1 Office Closed 8:00 AM Sheep's Pen Open is weather is nice 10:00 AM Little Lambs Art & Storytime 6:00 PM Ladies Fellowship @ Vinny's	2 Church Cleaning Office Closed 9:30 AM Praise Band Practice
3 Office Closed 8:30 AM Contemporary Service 9:45 AM Sunday School 11:00 AM Traditional Service 4:00 PM Youth Fellowship	4 7:00 AM Monday Morning Prayer	5 10:00 AM Men's Group 6:00 PM Disciple IV 7:00 PM Boy Scouts	6 5:30 PM GLoH Program 7:00 PM Ash Wednesday Service	7 11:30 AM Prayer Group 6:00 PM Choir Practice 7:00 PM Mission Team	8 Office Closed 9:30 AM Guarding Hearts	9 Church Cleaning Office Closed 9:30 AM Praise Band Practice
10 Office Closed 8:30 AM Contemporary Service 9:45 AM Sunday School 11:00 AM Traditional Service Daylight Savings Time Begins - Spring Forward	11 7:00 AM Monday Morning Prayer 5:30 PM 1st Service Worship Team 7:00 PM DCP Meeting	12 10:00 AM Men's Group 5:00 PM Finance 6:00 PM Disciple IV 7:00 PM Boy Scouts	13 12:00 PM Lenten Service and Lunch 5:30 PM GLoH Program 7:00 PM Church Council 7:00 PM Trustees	14 11:30 AM Prayer Group 6:00 PM Choir Practice	15 Office Closed 8:00 AM Sheep's Pen Open is weather is nice 6:00 PM Game Night	16 Church Cleaning Office Closed 9:30 AM Praise Band Practice
17 Office Closed 8:30 AM Contemporary Service 9:45 AM Sunday School 11:00 AM Traditional Service 4:00 PM Youth Fellowship	18 7:00 AM Monday Morning Prayer	19 10:00 AM Men's Group 6:00 PM Disciple IV 6:30 PM Boy Scout Adult Leader Meeting 7:00 PM Boy Scouts	20 12:00 PM Lenten Service and Lunch 5:30 PM GLoH Program	21 11:30 AM Prayer Group 6:00 PM Choir Practice	22 Office Closed 9:30 AM Guarding Hearts	23 Church Cleaning Office Closed 9:30 AM Praise Band Practice
24 Office Closed 8:30 AM Contemporary Service 9:45 AM Sunday School 11:00 AM Traditional Service	25 7:00 AM Monday Morning Prayer	26 10:00 AM Men's Group 6:00 PM Disciple IV 7:00 PM Boy Scouts	27 12:00 PM Lenten Service and Lunch 5:30 PM GLoH Program 7:00 PM SPRC	28 11:30 AM Prayer Group 6:00 PM Choir Practice	29 Office Closed	30 Church Cleaning Office Closed 9:30 AM Praise Band Practice
31 Office Closed 8:30 AM Contemporary Service 9:45 AM Sunday School 11:00 AM Traditional Service	1 7:00 AM Monday Morning Prayer	2 10:00 AM Men's Group 6:00 PM Disciple IV 7:00 PM Boy Scouts	3 12:00 PM Lenten Service and Lunch 5:30 PM GLoH Program 7:00 PM Mission Team 7:00 PM Trustees	4 11:30 AM Prayer Group 6:00 PM Choir Practice	5 Office Closed 8:00 AM Sheep's Pen Open 8:00 AM Sheep's Pen Open is weather is nice 10:00 AM Little Lambs Art & Storytime	6 Church Cleaning Office Closed 9:30 AM Praise Band Practice

The Back Page

March	Greeter & Usher 8:30AM	Greeter 11:00AM	Usher 11:00AM	Acolytes 11:00AM	Liturgist 11:00AM	FLOWERS
3	Janice Shelton	Maggie McDaniel	Larry & Susan Bartyczak	Gavin Schriener & Daniel Hanger	Denise Ramsbotham	Communion
10	Janice Shelton	Maggie McDaniel	Cathy & Rod Cutright	Madison Jones & Arwen Downum	John Nelson	Greenery
17	Janice Shelton	Denise Ramsbotham	Kerry & Alex Dachos	Kathryn Suon & Makayla Schriener	Brian Getty	Greenery
24	Janice Shelton	Susan Bartyczak	Denise Ramsbotham & Lisa Wagner	Brian Getty & Audrey Hanger	Dick Post	Greenery
31	Janice Shelton	Kerry Dachos	Maggie McDaniel	Dillan & Eric Suon	Dillan Suon	Greenery

Financial Update FEBRUARY 2019

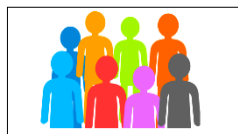
February 2019 General Fund Giving Total:

Current Total of February General Fund Giving: \$24,061.00

General Fund Monthly Goal:
\$29,294.00



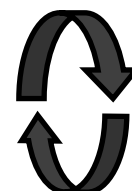
WAYS TO DONATE TO DAHLGREN UNITED METHODIST CHURCH



Collection box to the right of the Sanctuary entrance



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



Donor arranged through personal on-line banking