



The Christian Progress

Dahlgren United Methodist Church

APRIL 2019

In my mid-twenties I was appointed to Brookneal Church in south central VA. Back then, Brookneal was basically a quiet rural farming town with three other small churches. In addition to the Methodists, there were Baptists, Episcopalians and Catholics, but on Sundays, the best attendance was usually at a little restaurant on the edge of town - Harvey's as I recall. The parking lot and all up and down both sides to the street were lined with pickup trucks. Harvey's was a gathering place on Sundays for farmers while their wives, sons and daughters worshiped in one of the four churches. The men who gathered at Harvey's weren't bad men. They were good men, family men, hard-working men.

The patron saint of the group was a man by the name of Fred. Fred was seventy-seven when I first met him. He was a good, strong man, who owned and operated the largest farm for miles. But one thing about Fred that everyone knew – you would never see him in a church. I met Fred in the local hardware store. He knew who I was. I shook his hand and complimented him on his fine wife and children who attended my church. And as if he needed to explain himself, he said, "Preacher, I work hard, I take care of my family and I mind my own business. Far as I'm concerned, everything else is fluff." It dawned on me that what he was really saying was "Leave me alone, I'm not a prospect." I didn't bother Fred. But prayed for him. In my younger years I was naive enough to believe that my prayers were enough to draw him to church with his family.

Then it happened, old Fred showed up one Palm Sunday clasping his granddaughter's hand. Little Molly had extended an invitation he couldn't bring himself to refuse. And to my surprise, Fred returned on Easter and he kept coming back.

Fast forward about nine months. That entire church, and the men down at Harvey's Restaurant were really surprised when old Fred presented himself one Sunday morning to be baptized. Fred's baptism was the talk of the town for weeks. "Fred must be sick." "Guess he's scared to meet his maker." "I never thought I'd see the day." All kinds of stories were being told about why old Fred got baptized.

The last conversation I had with Fred, I asked him if he remembered what he told me the day we first met. ("I work hard, I take care of my family, I mind my own business?") He remembered that he had said it a lot, and still said it, but with a different meaning. "What's the difference now", I asked. I will never forget his reply, "I didn't know then what my business was."

I'm thinking the caption for this story could be something like, "A Little Child Shall Lead Them" or "Old Fred Minds His Business." But the story isn't just about Fred or little Molly. What it is really about is the transforming power of God to change a heart and a whole sleepy town taking notice. It's kind of like... an Easter story!

May the Risen Christ be with you and yours!



**Our Vision:
Reaching All
People with the
Love of Christ**

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

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

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

**Email:
office@dahlgrenumc.org**

**Website:
www.dahlgrenumc.org**



Worship Schedule For Lent

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. Services this month are April 3, April 10 and April 17.

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.

EASTER SUNDAY APRIL 21, 2019

SUNRISE SERVICE LED BY OUR YOUTH – 6:30 AM

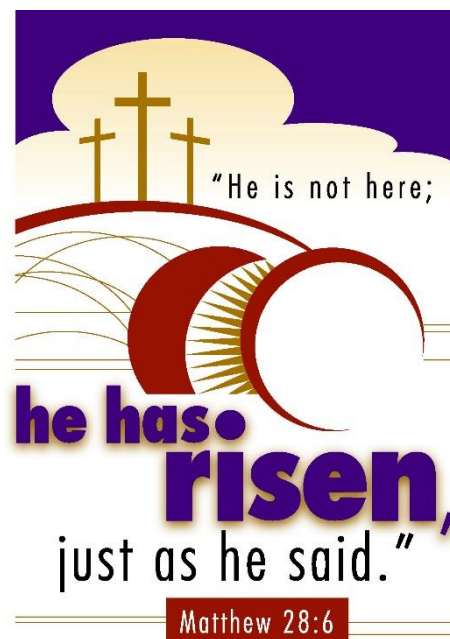
BREAKFAST FOR ALL – 7:00 AM

SUNDAY SCHOOL - 9:45 AM

COMBINED 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.



Our Newest Members

A warm DUMC welcome goes to Angie Headley who joined on February 10th and Robert Hovey who became a member on March 3rd.



2019 GRADUATES - College and High School

Calling all graduates! We would like to recognize the graduates from the church family. If you, someone in your family or someone else in the church you know is graduating please let the church office know the school and post-graduation plans of the graduate. You may also contact Sara Del Guidice (email@delguidice.name)

A picture is also requested to honor them on a board in the Atrium.

MISSION FOCUS FOR APRIL

STAFFORD FOOD SECURITY EVENT

Great news! On Sunday, April 7th at 11:00 AM Stafford Food Security is coming to tell us about their mission to keep hunger out of our schools and how children are able to learn without being hungry! After the church service our Youth Group will be hosting a packing event, and all are invited to help out! Lunch will be provided for those helping with packing.

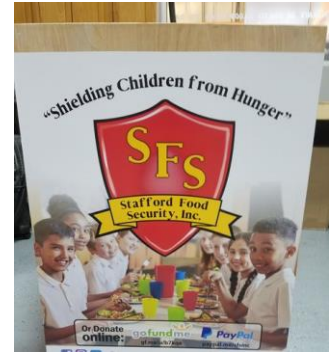
MORE ABOUT STAFFORD FOOD SECURITY, INC.

Who We Are

We are a 501(c)(3) non-profit corporation comprised of Stafford County and the surround area residents who battle food insecurity in our community. Working with churches, schools, and other non-profits in the region we seek to strategically eliminate hunger in children.

What We Do

Our first endeavor is a childhood backpack meal program with local elementary schools. We collect shelf stable food and pack meals for a family of 4 in non-descript backpacks (matched to school colors) for children to take home to feed their families dinner that night. Teachers identify food insecure children in the classroom and distribute backpacks to those in need. We collect no personal data on the recipients. There are no income requirements. If a teacher deems the child in need, the child goes home with food. All we need to know is how many backpacks are distributed in a given week, so we can bring more as needed.



In May of 2018 we entered King George County schools which includes all Elementary schools as well as the Middle and High School. We will be adding more schools soon! If we are not in your school, please have your school principal or guidance counselor contact us, and we will happily meet with them to discuss how to bring them the program.

Summer Meals

Stafford Food Security also partners with local organizations to provide nutritious meals to students during the summer as a lunch program. In an effort to expand our reach to families in need we now partner with Stafford County Sheriff's Office. Our backpack meals are now stocked in patrol cars, ready to be distributed to families when deputies see a need. We use collected funds to support these existing programs and create new ones. Our objective is a cohesive, nested, collaborative strategy to feed children without waste and duplication of effort.

Community Funded and Operated

Our enterprise is funded solely through donations from churches, businesses, and generous individuals. We partner with local youth groups, businesses, booster clubs, churches, and schools to collect and fill our backpacks. Every dollar we collect goes to feed a hungry child in all of these communities.

THANK YOU FOR YOUR SUPPORT HERE AT DAHLGREN UMC!

ON-GOING ACTIVITIES AT DUMC

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. Friday, **April 5th** 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!



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)

NEEDED: 25-30 VOLUNTEERS TO HELP TEND THE FLOCK

A Tending the Flock (TTF) Workday is scheduled for Saturday, April 6th from 9:00 AM - 4:00 PM. Come out and provide a helping hand for a couple of Church members who are in need of assistance to get ready for Spring with yard maintenance and minor house repairs. A good day of weed-eating, leaf raking, garden clean up, hauling things to the dump, power washing and fixin' things. Lunch will be provided. Bring your own yard tools and gloves. Families are welcome. So far, 17 folks have signed up. We need more becauseMore is Better. To lend a hand contact any Church Mission Team member..

THURMAN BRISBEN DONATIONS

Thurman Brisben has a need for bath towels and twin bed sheets and blankets. Either can be gently used. Please deposit these items in the box in the atrium. Thank you.

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

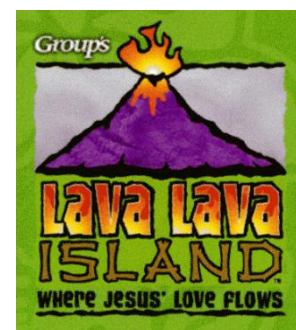
The last Sunday of each month will be "Red Cup Sunday". Change will be collected each last Sunday and sent to our Cambodian Missionary, Clara Biswas.

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.



UPCOMING MIDDLE & HIGH SCHOOL PROGRAMS

GOOD FRIDAY - KING GEORGE COMMUNITY CROSS WALK

Join the walk on Good Friday, April 19th beginning at King George High School at 5:00 PM and ends at King George Church of God (8095 Kings Hwy, KG). Area Teens & Adults from King George churches are invited. For more info contact Pastor Danny at 540-775-2690 or email to kgcogva@gmail.com.

MARS HILL

Hope to see you at this next event! Saturday, April 6th, 5-9pm; Woodlawn Faith UMC, 7010 Harrison Lane, Alexandria, VA. A FREE youth event for ages 12+. Come early for registration at 4:30 PM. Includes Christian concert, games, youth presentations, dinner, Mars Hill Band and Message.
Bible Theme: Let God's Light Shine in Us. Matthew 5:14-16

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 church from 4:00 - 5:30 PM.

Minding Health Matters April 2019

Spring has sprung with daffodils blooming, daylight savings time, longer days, and more sunlight. With more sunlight our spirits rise, and we soak up more vitamin D, all good. However, the sun's rays also have the potential for harm not only to our skin but also to our vision. Our eyes are most susceptible to ultra violet rays in our teens, 20's and 30's with symptoms/damage only showing up later in life. Research shows there is probable increase in the incidence of cataracts, macular degeneration, tissue growth on the eye ball (surfers' eye) and cancer of the eye and eye lid. There can also be an increase in glaucoma symptoms and exfoliation syndrome, described as the development of dandruff like flakes inside the eye that can plug up the natural drainage system. Another concern is irritation from elements, dust and sand in the air.

One can counter some of these potential hazards with **SUNGLASSES!** Sunglasses are NOT a new development. The Inuit / Eskimo peoples left evidence of eye protective sun goggles used about 2000 years ago. These glasses with small slits were made of bone, leather and wood. In the 12th century the Chinese developed a type of sunglasses used to protect the eyes and also hide facial expressions during court proceedings. The Emperor Nero wore polished emeralds to watch gladiator games. During WW I glasses were developed to help pilots see better.

Fast forward to current times to find sunglasses a serious fashion statement. Sir Elton John has a collection of over 1000. The most expensive pair to date is made with diamonds and gold, costing more than \$400,000. Most fashion glasses are made by just 3 companies. One doesn't have to float a loan to buy a good pair of sunglasses, but you do need to know what to look for. Fifty dollars is not totally unreasonable for a good pair. For the best protection for your eyes you need to consider several things. The most important criteria are the **UV = ultraviolet protection**, both UVA and UVB in a range of 95-100%. The labeling related to this is not carefully regulated, so read the fine print. 'Bargain basement' sources are probably not a bargain for your eyes. Consulting your eye care specialist is recommended. Second, **polarized lenses** reduce glare and provide clearer vision, especially around reflective surfaces like water, sand and snow. This was developed around 1936. **Prescription sunglasses** are available. There are also photosensitive lenses that darken in bright light. Your eye care specialist can help you with these. Glasses that fit over your prescription glasses are also an option.

Fit is another important factor for good protection. The lenses need to cover the whole eye. The best glasses provide side coverage also. The frame and lenses should be centered, the bridge fitting comfortably on the nose to prevent slippage or irritation. The frame should be wide enough for the side arms to be straight, while the ear pieces have a good curve to hold the glasses securely. In the US it is estimated that a person loses, breaks or sits on a pair of sunglasses four times an hour! (I lost a pair in the North Platte River while tube rafting. Grabbers for the ear pieces are a good idea!) Many **colors / shades** are available. Gray and Brown are the most common. Other colors should be discussed with your eye care specialist. It is dangerous to wear sun glasses while driving at night.

Sun glasses don't work unless you **wear them**, especially on *National Sunglasses Day - June 27, 2019*. Throw on a wide brimmed hat while you're out. Wearing appropriate sunglasses is a good way to care for our eyes, the window to our soul. That's taking good care of God's Temple.

Brought to you by your Parish Nurse
Kathy Phillips RN

References:

www.americansunglass.com 15-fun-facts-about-sunglasses
<http://yoursummerskin.com-7-reasons-why--you-should-wear-sunglasses-more-often>
www.health.harvard.edu/-sunglasses-for-vision-protection-starting-at-an-early-age
www.2020onsite/9-tips-on-how-to-pick-the-right-sunglasses-for-your-eyes
www.americansunglass.com/9-fun-facts-about-sunglasses
http://nei.nih.gov/hvm/healthy_eye_glasses



WESTVIEW ON THE JAMES

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. 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 olds who desire to develop their leadership skills while participating in camp activities. 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.

Bible Study, Prayer Groups and Classes Weekly

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.

PRACTICAL PRAYING FOR THE HANDS-ON HEART

Jesus' words as recorded in Matthew 5:43-48 have probably elicited the most groans of any of His other teachings. The key words are these: **"You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven."** Those of us who have been on the wounded end of words and acts have done a lot of "Biblical research" to try finding "just cause" as to why in THIS instance, we're off that hook. Having spent much of my own life ransacking my Bible for just that kind of pass, I have found this to be the awful truth: **It is not what happens to us that matters, but how we respond. It is more important than the past, the education, the money, than circumstances, than failure, than successes, than what other people think or say or do (Elite Daily).**

It's been my mulling over what other people **think** or **say** or **do** that has been like blowing the bellows in the forge of my heart, stoking the fire.

Finally, after one of my numerous rants, a close friend loved me enough to tell me:

"It's not what someone else thought or did or said that is the problem here. It's **what you are telling yourself about all that**. You really are the one pumping the bellows!" [Years ago, a cartoon strip called "Pogo" said, "We have met the enemy and he is us."]

So now, here's the GROOK that I hung up my bellows on:

**Some people cower/ and wince/ and shrink/
Owing to fear of/ what people/ may think./
There is one answer/ for worries/ like these:/
People/ may think/ what the devil/ they please.*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 4:00 PM 2nd Service Worship Team 5:30 PM 1st Service Worship team	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 is weather is nice 10:00 AM Little Lambs Art & Storytime	6 Church Cleaning Office Closed 9:30 AM Praise Band Practice 5:00 PM Mars Hill @ Wood Lawn Faith UMC
7 Office Closed 8:30 AM Contemporary Service 9:45 AM Sunday School 11:00 AM Traditional Service 12:00 PM SFS Event	8 7:00 AM Monday Morning Prayer 7:00 PM DCP Meeting	9 10:00 AM Men's Group 5:00 PM Finance 6:00 PM Disciple IV 7:00 PM Boy Scouts	10 12:00 PM Lenten Service and Lunch 5:30 PM GLoH Program 7:00 PM Church Council	11 11:30 AM Prayer Group 6:00 PM Choir Practice	12 Office Closed 9:30 AM Guarding Hearts 6:00 PM Game Night	13 Church Cleaning Office Closed 9:30 AM Praise Band Practice
14 Office Closed 8:30 AM Contemporary Service 9:45 AM Sunday School 11:00 AM Traditional Service	15 7:00 AM Monday Morning Prayer	16 10:00 AM Men's Group 6:30 PM Boy Scout Adult Leader Meeting 7:00 PM Boy Scouts	17 12:00 PM Lenten Service and Lunch 5:30 PM GLoH Program	18 11:30 AM Prayer Group 6:00 PM Choir Practice 7:00 PM Holy Thursday Service	19 Office Closed 8:00 AM Sheep's Pen Open is weather is nice 5:00 PM Cross Walk at KG High School	20 Church Cleaning Office Closed 9:30 AM Praise Band Practice
21 Office Closed 6:30 AM Sunrise Service 7:00 AM Breakfast 8:30 AM Contemporary Service 9:45 AM Sunday School 11:00 AM Traditional Service 12:00 PM Resurrection Egg Hunt	22 7:00 AM Monday Morning Prayer	23 10:00 AM Men's Group 6:00 PM Disciple IV 7:00 PM Boy Scouts	24 5:30 PM GLoH Program 7:00 PM SPRC	25 11:30 AM Prayer Group 6:00 PM Choir Practice	26 Office Closed 9:30 AM Guarding Hearts	27 Church Cleaning Office Closed 9:30 AM Praise Band Practice
28 Office Closed 8:30 AM Contemporary Service 9:45 AM Sunday School 11:00 AM Traditional Service	29 7:00 AM Monday Morning Prayer	30 10:00 AM Men's Group 6:00 PM Disciple IV 7:00 PM Boy Scouts	1 5:30 PM GLoH Program 7:00 PM Mission Team 7:00 PM Trustees	2 11:30 AM Prayer Group 6:00 PM Choir Practice	3 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	4 Church Cleaning Office Closed 9:30 AM Praise Band Practice

The Back Page

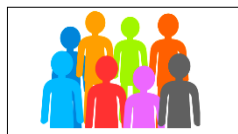
March	Greeter & Usher 8:30AM	Greeter 11:00AM	Usher(s) 11:00AM	Acolytes 11:00AM	Liturgist 11:00AM	FLOWERS
7	Janice Shelton	Maggie McDaniel	Larry & Susan Bartyczak	Chasen and Canyon Engel	Pam Engel	Communion
14	Janice Shelton	Kerry Dachos	Rod & Cathy Cutright	Gavin Schriener and Daniel Hanger	Maggie McDaniel	Palms
21	Janice Shelton	Denise Ramsbotham	Maggie McDaniel	Madison Jones and Arwen Downum		Easter Flowers from Worship Team
28	Janice Shelton	Susan Bartyczak	Denise Ramsbotham & Lisa Wagner	Kathryn Suon and Makayla Schriener	Andrew Grossen	Janice Shelton

Financial Update March to date 2019

March 2019 General Fund Giving Total:
Current Total of March General Fund Giving:
\$24,060.00
General Fund Monthly Goal:
\$29,294.00



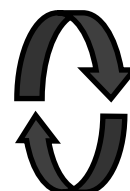
WAYS TO DONATE TO DAHLGREN UNITED METHODIST CHURCH



Collection box to the right of the Sanctuary entrance



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



Donor arranged through personal on-line banking