



The Christian Progress

Dahlgren United Methodist Church

MAY 2019

Reaching All with the Love of Christ

Just a reminder that our Church Council has adopted the new vision above. The vision of any organization serves to guide the life of that organization. It is the basis for everything the organization does. It serves as a constant reminder of an organization's identity.

Our new vision statement may seem simple to the point of being easily dismissed as an obvious vision for any church. Well, maybe not; certainly not in the sense of its scope. I challenge you to see the boldness inherent in the word "All" in context within our new vision.

"All" is exclusive of no one. All includes those you sit across the table from in Sunday School and at fellowship meals. "All" involves everyone who shows up for worship or mission projects. But honestly, with the exception of collecting and sending money or items for a good cause to be of help to people they will never meet is about the extent of the "All" many churches are willing to consider. May I add, many dying churches. According to the almost two-year study conducted by our church leaders, the congregation of Dahlgren UMC defines "All" differently. You/We believe that "All" means ALL.

The point is that any church which is attempting to be a church is likely involved in the business of reaching out with the love of Christ. That's pretty much accepted. What we are saying in our new vision statement, however, is that we understand the scope of who we are to be reaching with Christ' love – as unlimited...even including people who may be very different from us.

So, I ask, particularly those of you who lead in the ministries of the church: Who is the "all" we aren't reaching yet? How are we expanding beyond the scope of our ministry to get any closer to reaching them? Think on these things. Be prepared to add to the ongoing discussion of how we can move further into our vision of "Reaching ALL with the Love of Christ."

SPECIAL WORSHIP CELEBRATIONS THIS MONTH

MOTHER'S DAY – Sunday, May 12th



Mr. Rob Getty will be preaching on Sunday, May 12th at both the 8:30 and 11:00 Services. Our Lay Servants will be helping with other aspects of Worship that day.

ARMED FORCES DAY – Sunday, May 19th



GRADUATE RECOGNITION – Sunday, May 19th



Our Vision: Reaching All People with the Love of Christ

**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**

MISSION FOCUS FOR MAY - LUNCH BUNCH



The Mission Focus for May is the King George Summer Lunch Bunch. The Lunch Bunch began 11 years ago in our church kitchen as a ministry to meet the needs of school children in our community who may go hungry during the summer months. The Lunch Bunch has grown to encompass the entire county and last summer provided roughly 2200 bagged lunches to children in King George. Lunch Bunch relies on donations and volunteers to make and deliver lunches on Tuesdays and Thursdays throughout the summer. We will begin delivering on June 4 and end on July 30. We operate out of the King George High School kitchen and typically need 25-30 volunteers to make and deliver the lunches. Even if you can only volunteer once or twice during the summer, we need you! Monetary donations go toward the purchase of food. Last year we spent approximately \$7000 for food which includes items that families can stretch into other meals such as packets of tuna, canned pasta meals, cheese crackers, string cheese, fruit cups and juice packets. We also deliver age appropriate books to children and donations of books are appreciated. Please go to [http:// www.kgsummerlunchbunch.org/](http://www.kgsummerlunchbunch.org/) to learn more about Lunch Bunch and for the link to sign up to volunteer on the sign up genius. Thank you so much for your continued support and prayers for this ministry!

We have five items that we consistently need throughout the summer and would appreciate any donations.

1. Fruit and Cereal Bars
2. Grape Jam (not jelly)
3. Snack crackers filled with cheese (not peanut butter)
4. New or Gently Used Children's Books (pre-K through high school)
5. Monetary Donations, checks should be sent to:

King George Summer Lunch Bunch, P.O. Box 1433, Dahlgren, VA 22448

Beginning June 4, items may be dropped off at KGHS during operations, 8:30 AM - 1:00 PM on Tues. and Thur. Please contact us at kgsummerlunchbunch@gmail.com for other arrangements at all other times.

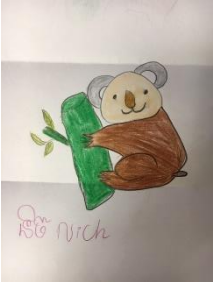


- ❖ Alayna Betts graduated from King George High School in December of 2018. She currently attends Angelina College in Texas and will attend Stephen F. Austin University. She plans to major in Geology and minor in Geothermal Engineering.
- ❖ Emma Parker graduates from King George High School.
- ❖ Trey Thompson graduated from the University of North Carolina at Charlotte in December of 2018 with a Bachelor's in Mechanical Engineering with an added concentration in Motorsports. His current position is a K&C Test Engineer at Morse Measurements in Salisbury, NC.
- ❖ Aaron Kiser graduates from the College of William and Mary with a Bachelor's in English and a minor in Creative Writing. He hopes to find a job soon after graduation.
- ❖ Genevieve Askin graduates from James Madison University with a Bachelor's in psychology and a minor in Sociology. She plans to continue her graduate degree at JMU in Psychology.
- ❖ Grace Grossen graduates from Virginia Tech with a Master's in Applied Economics.
- ❖ Jenna Wine graduates from James Madison University with a Bachelor's in English. She is planning to attend the University of North Carolina for a graduate degree in Library Science.
- ❖ Anna Kniceley graduates from Virginia Tech with a Bachelor of Architecture and a minor in Business. She has accepted an Architecture Designer position with AECOM in Roanoke, VA.

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, May 3rd is our next meeting! This program is free of charge and you may call the church office for more information or email dumclittlelambs@yahoo.com.

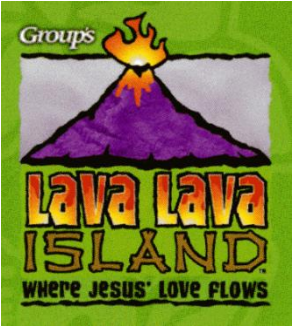


RED CUP SUNDAY CHANGE COLLECTION

The last Sunday of each month will be “Red Cup Sunday”. Change will be collected each last Sunday and sent to our Missionary, Clara Biswas. Clara has written an Easter Letter which is on the board in the Atrium for all to read. We continue to support her Ministry to the Cambodian Children.

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 vbsdirector@gettyfamily.com.



UPCOMING MIDDLE & HIGH SCHOOL PROGRAMS



Free for All Teens! (ages 12+)
Includes Christian Concert, Dinner, Games,
Youth Presentations and Bible Theme

Sat. May 4th 5-9pm
Come early for registration at 4:30pm

Northumberland Family YMCA
6348 Northumberland Hwy, Heathsville, VA

ACTS 17. CHALLENGING THE NORM

[f](https://www.facebook.com/MarsHillActs17) [i](https://www.instagram.com/MarsHillActs17) [t](https://twitter.com/MarsHillActs17) @MarsHillActs17
MarsHillActs17.org

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.

JUDICIAL COUNCIL UPDATE

Bishop Weaver will be addressing our district on the outcome of the Judicial Council and what it means for the churches of the VA. Conf. at Wright’s Chapel on Saturday, May 11 at 7:00 PM.

ARBY’S MEN’S GROUP

The Arby's men's group will meet on Thursday, May 2 at 7:00 PM for a General Conference 2019 follow-on discussion. A summary of what passed, what issues remain and what steps will be taken next. The meeting is open to all.

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

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

For the most part, when we imagine what God is like, we tend to think of Him in terms of earthquake, wind and fire, galaxies and atomic blasts. We magnify His largeness and His largesse. His extravagant creation. His promises about His destroying sin and death forever. Then I read this:

"There are more atoms in a teaspoonful of water than there are teaspoonfuls of water in the Atlantic Ocean."

I am not making that up! It says so in a little book titled WTF: Weird True Facts.

This is absolutely staggering – for several reasons:

- 1) God is not only God of the BIG stuff; He is in there with the LITTLE stuff too.
- 2) Other than the individual parts of an atom, we cannot come up with anything much smaller, can we?
- 3) If anyone is struggling with whether a problem is "too small" to bring to God, the first question to ask is whether it is smaller than a proton.

Also, from the WTF book: **"There are more atoms in the average adult human body than there are stars in the observable universe."** (Not just with the unaided eye, either.)

[One other comment – not from the WTF book – if you do think a problem is too small to bother God about, it may be that pride could be an even bigger one.]

Sharon Sanford



MINDING HEALTH MATTERS- Caring for God's Temple

April showers and Easter flowers have "blessed " us with MAY ALLERGIES ! And blessed we are. The current allergy season is being reported as one of the worst due to this winter's abundance of rain and snow. God's wonderful blessings of flowers, trees, birds and bees make our world beautiful ! For some of us , the side effects are not so nice.

Allergies are an overreaction of the immune system to harmless substances causing the release of histamines. We experience sneezing, runny nose, congestion, itching eyes and roof of the mouth, and mucus that is clear and thin. Allergies last longer than 2 weeks and are not accompanied by fever and aching. (I'm hoping you've visited your doctor at that point!) You are not alone. The number of people experiencing allergies is on the rise. It is estimated that 10 to 16% of the population experience allergies.

There are things we can do to handle allergies. First be aware of the POLLEN COUNTS. Television and radio report pollen counts. Use this information to plan your activities. TIMING can help lessen symptoms by reducing EXPOSURE. Pollen counts are highest on dry, windy days, early mornings and in the mid to late afternoons. Times to stay indoors. They are lowest after rain.

Another means of REDUCING EXPOSURE is to remove your shoes and clothes when you return home so as not to spread pollen and mold spores around the house. Always shower before going to sleep so pollen isn't a bedfellow. Use your AC with a small-particle or HEPA filter to help clear the air. Keep windows closed, don't dry laundry outdoors, and use an air filter in your bedroom.

One can RINSE nasal passages with a saline solution using a neti pot or squeeze bottle. There are many OVER-THE-COUNTER REMEDIES are available: antihistamines, decongestants, nasal sprays and combination medicines. As always CHECK with your DOCTOR before using them as they can have side effects that interfere with your other medicines or impact existing health conditions.

There are OTHER more stringent measures, like using smooth washable fabrics for drapes, furniture, and avoiding carpeting. Washing bedding once a week in hot water (/dryer), keeping pets outside or at least out of the bedroom, wiping their paws and fur when they come in, and bathing them weekly. Wear a mask (N95) outdoors or delegate lawn duty, and vacuum regularly (with a mask on). We can enjoy the outside beauty of God's world with a little forethought. That's taking good care of God's temple.

Brought to you by your parish nurse, Kathy Phillips, RN

References:

Mayo Clinic, Patient care and health information, "Allergy-proof your home"

Mayo Clinic, Patient care and health information, "Seasonal allergies: Nip them in the bud"

Everyday Health Allergy Center, "8 Tips for Surviving a Horrible Allergy Season"



*"I will
restore health
to you."*

JEREMIAH 30:17

<> <> <> <> <> <> <> <> <> <> <> <> <> <> <> <> <> <> <> <> <>

**Dunbar Moomaw has moved to Richmond and his new address is:
Imperial Plaza Room 407A
1717 Bellevue Avenue, Richmond, VA 23227**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 7:00 PM Arby's Men's Group	3 Office Closed 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
5 Office Closed 8:30 AM Contemporary Service 9:45 AM Sunday School 11:00 AM Traditional Service 4:00 PM Youth Fellowship	6 7:00 AM Monday Morning Prayer	7 10:00 AM Men's Group 5:00 PM Finance 6:00 PM Disciple IV 7:00 PM Boy Scouts	8 5:30 PM GLoH Program 7:00 PM Church Council	9 11:30 AM Prayer Group 6:00 PM Choir Practice	10 Office Closed 4:00 PM Serving At Thurman Brisben Shelter	11 Church Cleaning Office Closed 9:30 AM Praise Band Practice
12 Office Closed 8:30 AM Contemporary Service 9:45 AM Sunday School 11:00 AM Traditional Service MOTHER'S DAY	13 7:00 AM Monday Morning Prayer 5:30 PM 1st Service Worship Team 7:00 PM DCP Meeting	14 10:00 AM Men's Group 6:00 PM Disciple IV 7:00 PM Boy Scouts	15 5:30 PM GLoH Program	16 11:30 AM Prayer Group 6:00 PM Choir Practice	17 Office Closed 8:00 AM Sheep's Pen Open is weather is nice	18 Church Cleaning Office Closed 9:30 AM Praise Band Practice
19 Office Closed 8:30 AM Contemporary Service 9:45 AM Sunday School 11:00 AM Traditional Service ARMED FORCES DAY GRADUATE RECOGNITION 4:00 PM Youth Fellowship	20 7:00 AM Monday Morning Prayer	21 10:00 AM Men's Group 6:30 PM Boy Scout Adult Leader Meeting 7:00 PM Boy Scouts	22 7:00 PM SPRC	23 11:30 AM Prayer Group 6:00 PM Choir Practice	24 Office Closed	25 Church Cleaning Office Closed 9:30 AM Praise Band Practice
26 Office Closed 8:30 AM Contemporary Service 9:45 AM Sunday School 11:00 AM Traditional Service	27 HAPPY MEMORIAL DAY No Morning Prayer Group Office Closed	28 10:00 AM Men's Group 7:00 PM Boy Scouts	29	30 11:30 AM Prayer Group 6:00 PM Choir Practice	31 Office Closed 5:00 PM Guarding Hearts Evening Sign-Up Session	1 Church Cleaning Office Closed 9:30 AM Praise Band Practice

The Back Page

MAY	Greeter & Usher 8:30AM	Greeter 11:00AM	Usher(s) 11:00AM	Acolytes 11:00AM	Liturgist 11:00AM	FLOWERS
5	Janice Shelton	Denise Ramsbotham	Rod & Cathy Cutright	Brian Getty & Audrey Hanger	Kerry Dachos	Communion
12	Janice Shelton	Susan Bartyczak	Kerry & Alex Dachos	Dillan & Eric Suon	Rob Getty	Grossen Family
19	Janice Shelton	Maggie McDaniel	Larry & Jan Leonhardt	Chasen & Canyon Engel	Ed Walseman	Josh Sanford
26	Janice Shelton	Kerry Dachos	Maggie McDaniel	Daniel Hanger & Gavin Derr-Schriner	Dillan Suon	Kiser Family

Financial Update APRIL 2019

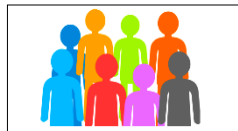
April 2019 General Fund Giving Total:

Current Total of April General Fund Giving:
\$24,159.00

General Fund Monthly Goal:
\$29,294.00



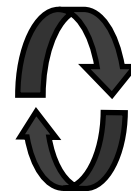
WAYS TO DONATE TO DAHLGREN UNITED METHODIST CHURCH



Collection box to the right of the Sanctuary entrance



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



Donor arranged through personal on-line banking