



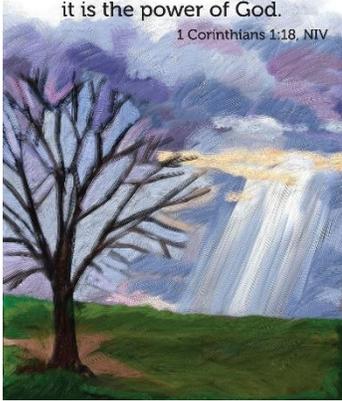
# *The Christian Progress*

*Dahlgren United Methodist Church*

**AUGUST 2020**

For the message of the cross  
is foolishness to those  
who are perishing,  
but to us who are being saved  
it is the power of God.

1 Corinthians 1:18, NIV



## **PASTORAL MUSINGS**

Since the global pandemic began, I have stated at the end of every recorded Sunday service “I hope to see you soon!” That said, I know I am not alone in having entertained the thought that it might be a long time coming. Now that we are only a few days from having the long-awaited opportunity to resume in-person worship, I don’t think I am alone in wondering when the continuing cloud of this pandemic will be gone.

I am a half glass full person, but I must admit the challenges of the past months have all but gotten the best

of me. It has been hard maneuvering the restrictions, learning a whole set of new skills, ministering with forced limitations, showing up at church to face an empty building and losing sleep over whether the bills could be paid on time.

In conversations with several of you recently, the concern has been raised about another imposed shut-down and whether the church could survive. In reflecting on those concerns a line from the opening statement used whenever someone comes forward to join in the membership of the church keeps coming to mind. A statement embedded in my memory from uttering it more than a thousand times: “Beloved, The Church is of God, and will be preserved to the end of time, for the conduct of worship, the due administration of His Word and Sacraments, the maintenance of Christian fellowship and discipline, the edification of believers, and the conversion of the world...”

Although I have doubts, especially these days, that the church can be effective in the conversion of the world, it’s the final lines of this statement that give me assurance and hope: “All, of every age and station, stand in need of the means of grace which it alone supplies.”

Truth is, come what may, the Lord of the church is still on mission. His love and grace have never been diminished by what happens in this world. He has never failed to lead the way in maintaining course and guiding the ship of the church through troubles waters. And He has done so through His faithful followers who have helped weather many storms.

(continued on next page)



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

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

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

**Office Hours:  
Monday and Wednesdays  
9:00AM-1:00PM  
Call or email 24/7**

**Church: (540) 663-2230**

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

**Email:  
office@dahlgrenumc.org**

**Website:  
www.dahlgrenumc.org**

No one knows what the church might look like this time next year. We only know that it will be different. We will likely continue to be faced with tough choices and having to be creative in doing ministry differently until some sense of ordinary returns.

In just a few days we will reach a milestone. The doors will be open for the central act of our historic faith – the gathering of God’s people for public worship. Due to required masks and social distancing, that experience will seem strange. Some will choose to participate. Others who long to will remain at home.

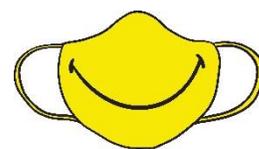
Regardless of where you choose to be, I invite you to say a prayer that in the uncertain days ahead, the people of Dahlgren UMC will be undiminished in the conviction that our community and world still stand in need of the means of grace which we alone can supply. I hope to see you soon!

Grace and peace to all,

*Pastor Tom*

## **DUMC RE-LAUNCH**

We will begin our in-person worship Sunday, August 2<sup>nd</sup> with one service at 10:00 AM. There will be no Sunday School, Nursery, or Children’s Church. Masks must be worn, and social distancing must be maintained at all times. All in attendance must agree to the health acknowledgement (See form on page 7 of this Newsletter) each Sunday. As we move forward with Worship every Sunday please remember you may sign up on the [Signup Genius link](#) provided each week, call or email the office with your name and how many will you plan to have attending with you, until further notice.



**FACE MASK  
REQUIRED**

**\*REMINDER – IF YOU WANT TO SCHEDULE A MEETING OR BE IN THE BUILDING, PLEASE CALL OR EMAIL THE OFFICE SO WE KNOW WHERE TO SANITIZE FOR EVERYONE’S PROTECTION. THANK YOU.**

## **DUMC FINANCIAL UPDATE**

The Coronavirus has brought us some trying and uncertain times. Without weekly church worship we have experienced reduced giving. Our July offerings reflect that.

We appreciate your continued support through donations as it is vital to meet the rest of our current budget numbers including enabling the mission team to address urgent needs in the community. Please see the current numbers below:

**JULY 2020 Finances as of 2/27/2020:**  
**Donations \$19,210.29**  
**Expenses for July: \$26,839.01**  
**General Fund Monthly Goal: \$28,322.00**

Please continue to give via mail or the church website and of course in the offering box at the in-person services beginning August 2<sup>nd</sup>. The “Ways to Donate” information is on the last page of this newsletter. Thank you for your support.

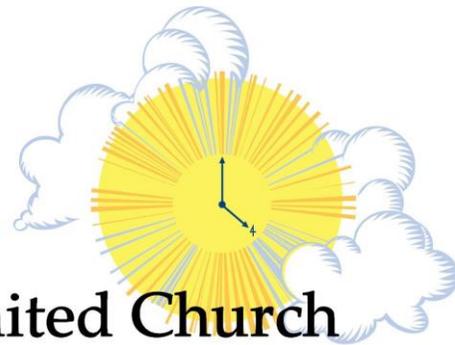
## **AUDIO/VIDEO TEAM VOLUNTEERS**

We are in search of persons interested in being part of the audio video support team. Various positions are needed such as: Sound technician, video controller, video editor. If interested contact Gair Brown at [gair.brown@yahoo.com](mailto:gair.brown@yahoo.com)

## **LIMITED CHURCH OFFICE HOURS TO BEGIN AUGUST 3RD**

The church office will be on limited hours beginning **Monday, August 3<sup>rd</sup>. The office hours will be Monday and Wednesday 9:00 AM to 1:00 PM.** Pastor Tom continues to monitor the COVID-19 situation and will offer guidance to leadership on current changes. Rayeann continues to work from home during the time the office is closed. To reach Rayeann regarding an administrative matter, you may contact her at 540-903-6060. She will be monitoring email as they come in from Church email ([office@dahlgrenumc.org](mailto:office@dahlgrenumc.org)) and telephone messages.

To reach Pastor Tom regarding a Pastoral matter, please call (540) 263-2238 or email ([tomlee@vaumc.org](mailto:tomlee@vaumc.org)). May we trust God to watch over us and our households and keep us safe. May His Spirit bring calm and wise counsel to all. May we be in constant prayer for each other and the world, until this storm passes, and we enjoy clear skies again.



## **Limited Church Office Hours**

**Upper Room Daily Devotionals for July/August are in the office. Please call 540-663-2230 and leave a message, or email [office@dahlgrenumc.org](mailto:office@dahlgrenumc.org) if you would like one. You can pick one up on Monday or Wednesday during office hours, or we will gladly mail it to you.**

### **SCAMMING ALERT – STAY VIGILENT**

\*Reminder - Scams are continuing to happen. Pastors including Pastor Tom are being targeted. Many church members are receiving fake emails asking for gift cards to help needy persons in their congregations. The emails look like they are from the pastor. The addresses are very similar to the correct ones, but they are not the same! Don't be fooled.

**Our Pastor will never ask you for any donations through email or text message.**

### **YOUTH GROUP**

The Dahlgren UMC Youth Group meets at church every 1<sup>st</sup> and 3<sup>rd</sup> Sunday from 4:00 pm – 5:30 pm.

**We plan to resume this schedule when we are able to meet again.**



### **PRAYER CHAIN REMINDER**

Did you know that Dahlgren UMC offers a prayer chain that provides up to date information on folks asking for immediate prayer? This email chain is used within the church only; and is available to our DUMC church family. Jackie Kunstmann lovingly volunteers her time to administrate this ministry. If you are a prayer warrior and would like to participate in receiving the prayer chain requests please email [dumcprayerchain@yahoo.com](mailto:dumcprayerchain@yahoo.com) and asked to be added to the email list.

**DUMC offers our sincere condolences to the family and friends Katherine Jewell who passed away on Friday, July 24<sup>th</sup>, 2020. She was an active member of DUMC for many years and was much loved. Katherine, you will be missed!**



of

## A RECENT LETTER FROM CLARA BISWAS (OUR CAMBODIAN MISSIONARY)

Greetings from Cambodia. It was so Nice to see you during the Zoom Presentation. Hope and pray your family , Pastors family and the Church Congregation all of you are doing well and safe.

Here in Cambodia until now School, College and University is still closed because of Coved 19.

All the Office is in Phnom Penh are Open now and people also solely start coming to the City. During the Lockdown we [ UMC] did some Relief [ give people Rice, Mask, Hand wash] program and financial support to the community and our children and their family where we work . Me and

our local project staff continue visit Project sit and as a small group let them know how they can be save from Coved 9, continue helping children for their online class, Adult HIV and Sick worship and fellowship, provide Children's Scholarship .

I prepare some slide for Zoom Presentation and I am forwarding that to you. Please have a look and see that if it is helpful to you and get Idea about our Street Children Ministry?

Please say hello to Pastor and his family and all our friends and DUMC Congregation . I miss all of you. Thank you so much for your kind cooperation. Please say hello to you family

All of you are in my prayers be safe.

God bless, Clara

Thank you for your prayer and support



## Thanks for a wonderful virtual VBS!



Our completely on-line VBS was the week of July 13-17 and I want to thank everyone for watching the videos! In case you missed any, or would like to view them again, they are still accessible on the church's Facebook page (you may go there directly or use the church's website, [www.dahlgrenumc.org](http://www.dahlgrenumc.org) to get there). There were 22 videos all together - 9 music videos, 5 Bible stories, 5 Lesson & Craft videos, and 3 God Sightings. **The 3 God Sighting videos are great for kids and adults, and they are truly amazing stories.**

**These were posted on Monday, July 13, Wednesday, July 15 (2 videos, labeled Part 1 and Part 2), and Friday, July 17. If you're looking for proof of God's love for us, His constant presence and involvement in our lives, then check out these videos!** Also, the Children's Message video posted on Saturday, July 18<sup>th</sup>, has a VBS wrap-up including a quiz of the week's Bible stories.

I also want to thank everyone who helped me make the videos. My helpers in front of the camera were Nathan Hatch (Assistant VBS Director), Kathryn Suon, Makayla Schriener, Madelyn Winfrey, Skylar Winfrey, Chasen Engel, Canyon Engel, and Stephen Voynar. The behind-the-scenes helpers were Brian Getty, Gavin Derr-Schriener, and Pam Engel for operating the camera, and also Toy Suon for posting the many videos and pictures accompanying the crafts all week long. And a special thank you to my husband, Rob, for his wide variety of behind-the-scenes help and putting up with me while I embarked on the journey of prop making and filming

videos (new activities for me). Results of the VBS Food Drive on July 17<sup>th</sup>: On the last day of VBS we held a food drive in the church parking lot from 11am-2pm and it was a great success! We collected 206 lbs. of food for the King George Department of Social Services Food Bank. Thank you very much to everyone who donated food - the folks at the Food Bank are very appreciative!

APRIL GETTY - VBS DIRECTOR

# DUMC MISSION GROUP

## Helping the Local Hungry and Homeless

Part of the DUMC Mission Groups program focuses on helping the hungry and the homeless in the local Dahlgren and King George County area. To do this, Mission Group channels church donations and organizes volunteer support to leverage the activities of three organizations: 1. Thurman Brisben Homeless Center, 2. King George Social Services Food Pantry and 3. Love Thy Neighbor Food Pantry & Soup Kitchen

Thurman Brisben is located in Fredericksburg. ([www.brisbencenter.org](http://www.brisbencenter.org)) It provides a safe and secure, staffed 24-hour temporary residence for the local homeless. It can serve up to 80 women, children and men with a wide range of services. Mission Group provides financial donations throughout the year to support the Centers operations. Also, four times a year, DUMC volunteers go the Center and prepare a dinner to feed 50-100 residents. The DUMC volunteers purchase groceries, prepare the meal on-site and then humbly serve it to the residence of the Center. DUMC volunteers will be preparing dinners there on Aug 21 and Nov 13. Mission Group is looking for volunteers to help with these events.

King George Social Services –KGSS ([www.kinggeorgecountyva.gov/222/Social-Services](http://www.kinggeorgecountyva.gov/222/Social-Services)) programs are designed to support the economic and social needs of local families, vulnerable children, the disabled and elderly residents. Part of the KGSS program provides a well-stocked food pantry for local residents. The Mission Group of Dahlgren United Methodist Church has supported the food bank of KGSS for many years. The last couple of years we have shared over 3,000 pounds of food with KGSS to support the local needs of our community. If you would like to donate food for KGSS please contact the Church Office to see what types of foods are needed.

When COVID came on the scene earlier this year, KGSS was closed to the public and it was not possible to share food with our locals. At that time, the Mission Group decided to support the Love Thy Neighbor organization with food donations and possible volunteering efforts. Love Thy Neighbor Food Pantry & Soup Kitchen ([www.kg-ltn.org](http://www.kg-ltn.org)) is a multi-church supported mission located at 5769 James Madison Parkway (the Bingo building on Rt. 301, near Hillcrest Motel). On the 3rd Sunday each month, this organization invites locals in and provides an inspirational Hour with music and a guest speaker followed by a hot meal, beverage and dessert. Patrons then visit its' Food Pantry for a broad selection of groceries of choice. In addition to feeding the local people, this ministry offers prayer and one on one discussion to participants if they express the need. No questions asked, no papers to show...simply show up for a meal and fellowship. . August 16<sup>th</sup> is the next Sunday a meal will be shared and the pantry open. Mission Group is looking for volunteers to start assisting Love Thy Neighbor activities in the future.

If you would like to make a church donation to support any of these organization, please do. If you would like to volunteer at any of these organizations, please let the church office know or go to the organization's web site for volunteer opportunities.

Onward and Upward

YOU CAN HELP





## Minding Health Matters - Caring for God's Temple

AUGUST is here. As they say, the hottest month of summer- and already days are getting shorter--but hotter. As I sit and write this, my thermometer says it is 106 degrees outside in the sun. Whew! With higher temperatures comes a greater risk of heat cramps, heat exhaustion, and heat stroke. Take heed--this is serious stuff!

After researching six reliable references, consistent information relates that increased incidence of these heat related disorders are on the rise. Two sources from 'Stars and Stripes' newspapers related serious increases among military members on maneuvers and training exercises. Football and other intense sports activities also have reported deaths. Among reasons stated are lack of acclimating the body to new environments, inadequate hydration, pushing physical activity in high heat and humidity, and doing intense outdoor activities in

occasional spurts. Young adults and teens often push themselves beyond a natural stopping point out of peer pressure or organizational requirements. The increased temperatures and, surprisingly, lack of sleep are also contributing factors. Dietary supplements, energy drinks, pre-workout products, or weight loss products, alcohol and medications can also have an effect.

On a spectrum, **heat cramps** are the least serious of heat illnesses, followed by **heat exhaustion** and finally **heat stroke**. They can easily progress from one to the other. **Heat Stroke is a medical emergency and can lead to electrolyte imbalance, brain damage, kidney failure, coma, shock and DEATH.** As usual, the very old, the very young and those with preexisting medical conditions are at greater risk.

**Heat Cramps** show themselves as intermittent muscle cramps or spasms of the leg, thigh, arm and abdominal muscles. This is due to loss of fluids and salts.

**ACTION:** The CDC recommends you; Stop all activity; Get to a cool, shaded place, Drink clear juices, sports drinks, or water and a snack, and AVOID salt tablets. Do not return to activities for a few hours after cramps stop. If cramps continue longer than an hour for you have a heart condition or eat a low sodium diet --see your doctor.

sweating. It is characterized by a fast heartbeat, heavy sweating, excessive thirst, weakness, fatigue, and dizziness, nausea and/or vomiting, irritability, fast shallow breathing and slightly elevated body temperature. (101-degrees Fahrenheit). Recommendations include getting to a cool place, drinking water or cool drinks, removing any heavy clothing and taking a cool wash down.

**Heat Exhaustion** is described as excessive loss of water and salt through

**Heat Stroke** occurs when the body is unable to control its temperature which can lead to permanent disability or death. The symptoms include high body temperature ( 104-105 + degrees), warm dry skin, shallow breathing, fast heart rate, nausea, vomiting, agitation or lethargy stupor, lack of sweating, confusion. Seizures can be seen. This is a **MEDICAL EMERGENCY !! Call 911.**

*There is a 30-minute window before cellular damage can occur. There are new recommendations by the National Athletic Trainers' Association to **COOL FIRST THEN TRANSPORT**. Actions include moving to a cool shady place, removing any excess clothing., drench body with cool water and fan the person, if alert slowly give cold clear fluids , popsicles, jello, electrolyte fluids ( i.e. Gatorade).*

Prevention is the best cure. Recommendations include monitoring everyone in your group--including yourself, wear light colored loose fitting, porous clothing, (avoid non-breathable synthetics) , gradually increase activities, work during coolest part of day, take breaks--cool shady areas, and DRINK WATER!

That's taking good care of God's temple.  
Brought to you by your Parish Nurse  
Kathy Phillips RN

References:

[www.cdc.gov/nlosh/topics/outdoor](http://www.cdc.gov/nlosh/topics/outdoor)  
[www.cdc.gov/heat-stroke-vs-heat-exhaustion](http://www.cdc.gov/heat-stroke-vs-heat-exhaustion)  
[www.theydiffer.com/differences-between-heat-stroke-heat-exhaustion-heat-cramps](http://www.theydiffer.com/differences-between-heat-stroke-heat-exhaustion-heat-cramps)  
[www.starsandstripes.6/07/19](http://www.starsandstripes.6/07/19)  
[www.military.com/daily-news/2019/04/29](http://www.military.com/daily-news/2019/04/29)

# Health Acknowledgement

Welcome! We're glad you're here. In order to keep you and other congregants safe and healthy, read and respond to the health questions below. Please affirm to the greeter that you acknowledge the following items are true for you and provide your name and contact number. All persons are required to keep physical distancing of 6 feet or more (from persons outside your household group) and to wear a face covering.

**I have not had 2 or more of the following Symptoms of COVID-19 in the past 14 days:**

- Fever
- Shortness of breath or difficulty breathing
- Chills
- Persistent cough
- Flu-like symptoms
- Diarrhea or intestinal upset
- Fatigue
- Sore throat
- Headache
- Muscle pain
- Recent loss of taste or smell

**I have not been in contact with anyone experiencing symptoms of COVID-19 (identified in #1) in the past 14 days.**

**I have not tested positive for COVID-19, nor am I awaiting test results, nor have I tested positive and have not subsequently had complete resolution of COVID-19 symptoms.**

**I will immediately notify the pastor if, after attending this event, I develop 2 or more symptoms of COVID-19, will avoid contact with others, and will seek medical attention.**



# Financial Update JULY 2020

**General Fund Giving: 19,210.29**

**Expenses: \$26,839.01**

**General Fund Monthly Goal:  
\$28,322.00**

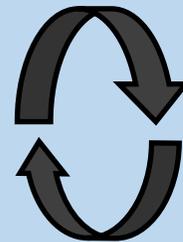


Mail to P.O. Box  
1797 Dahlgren, VA  
22448 or directly in  
offering box at back  
of sanctuary

## WAYS TO DONATE TO DAHLGREN UNITED METHODIST CHURCH



DUMC Website  
([dahlgrenumc.org](http://dahlgrenumc.org))  
click on "Donate"



Donor arranged  
through  
personal on-line  
banking