

# The CHIMES

## What's INSIDE

- 2 Financial Update
- 3 From the Pastor
- 4 Stephen Ministry
- 5 All God's Children
- 6 Bible Study
- 6 United Methodist Day at the General Assembly
- 8 Financial Peace University
- 9 Servant Leadership
- 9 It's Not Just a Man's Disease



## SUPER BOWL XLIX

Come and watch the Super Bowl on the big screen in Cokesbury!

**Sunday, February 1<sup>st</sup>, 2015**

**Beginning at 5:30 PM**

Bring a lawn chair and your favorite super bowl snacks to share!

**New England Patriots  
vs. Seattle Seahawks**



and



A publication of Franconia United Methodist Church, Alexandria, VA

From Good to Great

## SHIFT: Moving into More Effective Ministry

Many of us consider Franconia United Methodist Church to be a good church that has been a mainstay in our lives and this community for a long time. As you know, our vision has refocused our efforts on reconnecting with our community and we all are committed to being the most vital and fruitful congregation possible. We have made incredible strides in living into our vision and we also believe that FUMC has the potential and opportunity to move from being a "good" church to a "great" church in this community, all to God's glory.

To that end, FUMC has recently joined a network of several churches in the Arlington and Alexandria UMC Districts engaged in a process called Shift. This network experience will take place over the next 13 months and will include training and coaching for our team as it builds goals, action plans, and implements those plans. The process will concentrate on four areas:

- Fellowship to Hospitality
- Worship: Events to Lifestyle
- Membership to Discipleship
- Self to Others: Service and Generosity

We believe God has placed great potential within us and that we are being called to live into that potential. To accomplish that, Pastor Guest and five FUMC Ministry Team leaders (Lisa Dickinson, Michele Sutton, Pat Hobbs, Sharon Pappajohn, and Barbara Lawrence) in consultation with other members of the Church Council, will be assessing and designing systems within our Church to lead our congregation to greater effectiveness.

This process will likely mean that we will be trying some new things since as we all know – continuing to do the same thing and expecting different results doesn't make much sense. We ask that you will be open to the ways in which we believe God is leading us. Our commitment to you is that for each new approach to ministry and redesign of current approaches, we will communicate with you the why and what of the new thing and invite you to join us in discovering how God is going to do something powerful in our midst.



# FINANCIAL HEALTH

Cindy Langan, Finance Chair

## 2014 - Recap

The January *Chimes* went to print before the 2014 year-end financials were finalized.

Following is a summary of the financial status of Franconia UMC as of December 31, 2014.

### As of 12/31/14

Deficit                    (\$816)\*

\*Includes surplus of \$13,735 from All God's Children.

(Deficit would have totaled \$14,551 with All God's Children.)

Capital Fund:        \$11,325

Reserve Fund:        \$21,522

We were blessed by the All God's Children's surplus in 2014. The Reserve Fund is still in a healthy position and the Capital Fund is being replenished by your generosity.

### 2015

Franconia UMC has started 2015 with a fairly healthy financial position and a clear vision forward for Franconia UMC. In 2014 we accepted a new vision statement after much prayerful discussion and discernment.

*The NEW VISION is printed on Page 10.*

In focus group discussions within the Church, members felt strongly that having a Praise and Worship Service would be appropriate for the new vision for Franconia UMC. In September, the church began to look for a Praise and Worship Leader. When the potential Praise and Worship leader arrived for his

interview in late December, the Staff Pastor Parish Relations Committee (SPPRC) was sure he was the one that God had sent to us. The Church Council approved the budget increase required to hire Kevin Bennear, who began in January. The commitment to the increased budget is a leap of faith.

We are counting on the generous support of Franconia UMC to meet the 2015 budget, which is has \$11,750 more than the 2014 budget. We as a Church have always stepped

up to follow where God is leading us. Please prayerfully consider how you can help support this initiative and what God is leading you to do. We've had a strong start for offerings in January. Offerings through January 11 total \$17,026 which is almost one half of the \$35,000 a month we need to cover our budget. Hopefully the trend continues to support the many ministries of Franconia UMC so that we can make disciples of Jesus Christ for the transformation of the world!

## YOU ARE INVITED TO A FREE PANCAKE SUPPER!



**TUESDAY,  
FEBRUARY 17  
5:30—8:00 PM**

Early Christians observed the 40-day Lenten season as a time of fasting. The faithful were forbidden by the church to consume meat, butter, eggs or milk.

To keep these foods from spoiling, they would have to be consumed by the Tuesday before Lent started. With the addition of a little flour, a tradition began.

Pancakes, pancakes, and more pancakes! (See *Shrove Tuesday*, page 7.)



## LENT BEGINS

### **February 18, 2015:**

Ash Wednesday services—12:00 noon and 7:30 pm

### **Wednesday evenings:**

February 25<sup>th</sup>—April 1  
Prayer/Lenten service, 6:30-7:00 pm

### **March 29, Palm Sunday:**

8:30 am and 11 am

### **April 2, Maundy Thursday:**

7:30 pm, *Living Last Supper*

### **April 3, Good Friday:**

7:30 pm, *Service of Darkness*

### **April 5, Easter:**

Sunrise Service at 6:30 am  
Traditional services at 8:30 and 11:00 am

### **April 12:**

Spring Concert at 4:00 pm

# FROM THE PASTOR



By: Pastor Catharine Guest

L-O-V-E. Such an overused and undervalued word. "I love ice cream...that outfit...that car...the Cowboys (...well, maybe, NOT the Cowboys....!) I love that cute boy in my 5<sup>th</sup> period class...that puppy...I just LOVE....(fill in the blank)! We tell people we love them without really thinking of all that love entails – it's just an expression after all. And on February 14<sup>th</sup> we go nuts! Heart shaped chocolates and romantic cards fill every inch of space at the mall and gaudy red and pink is everywhere!

But when I think about the original Valentine who lived in the late 200s AD, love and Valentine's Day takes on a different meaning. Valentine was a Christian priest in ancient Rome who defied Emperor Claudius II and the ruler's ban on marriage. Claudius found it difficult to procure soldiers for his army. Married men didn't want to be separated from their families; those married men who did enlist were overly cautious in battle because they feared that if they were killed, their wives and children would become destitute. Valentine refused to obey the ban and continued to conduct secret marriage ceremonies for young couples. His actions led to his arrest and condemnation to a tri-fold death sentence of clubbing, stoning and finally beheading. As the account goes, while Valentine awaited his execution, he befriended the jailer's blind daughter and restored her sight.

The friendship between the two deepened and, just prior to Valentine's execution, he wrote the young girl a good-bye note, signing it: "your Valentine." This priest, committed to Christian marriage – willing to suffer severe penalty for the sake of the happiness of others – leaving tender words of farewell to a cherished friend – became the patron saint of true love – a committed love that brings both happiness and sacrifice.

When I think of Valentine and his emblematic witness of authentic love relationships, I recall the precious couples at FUMC who live in committed marriages. These couples take their marriages vows made to each other in the presence of God seriously and their commitment serves as a witness to all of us. These couples know that it is only when the blush of romantic love mellows that true love deepens and they are committed to the journey. They honor and cherish each other as they tend to each other's needs in sickness and celebrate each other's times of health; they remember the 'better times' and forgive the 'worse' times; they cling to each other as their most precious relationships in times of richer and poorer and guard their hearts from being attracted to others. They have chosen to remain steadfast 'until death do they part.' Such commitment brings more than happiness, it brings deep and lasting joy; such love is hard work that requires mutual sacrifice. For these couples, L-O-V-E is an action word not just a Hallmark feeling; a word with deep and authentic meaning – commitment.

Such relationships – such a patron saint – are memorable to us because they are reflections of the Source of all love. During your devotions, read

**1 John 4:7-21.** John says God *is* love. Unconditional love, sacrificial love, life-giving love. A love that will never leave or forsake us just because we can't seem to get our act together. A love that rejoices in our times of obedience and spiritual growth, and grieves our propensity to sinfulness. God's love is a love that we don't earn; it has always been there waiting for us to recognize, receive and live into. And this is key. As we receive God's love and begin the journey of faith in Christ, we live into God's love. We commit ourselves to loving God and loving ALL others as God first loved us: unconditionally, sacrificially. To love as Christ loves means to hang in there – 'never leave or forsake' – others, and to work for reconciliation and recovery of all relationships as we forgive the past and live into God's future together; all in the name of Jesus. Jesus came for our sake, not we for His.

As 1 John says: **This is love: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins.** Christ came to bring life through His sacrifice – our joy through His sorrow. Our Lord is committed to us – period! Are we committed to Him? Are we committed to each other – in our marriages and indeed in all our relationships? How would the world know? Perhaps that old hymn should become our theme song: "They will know we are Christians by our love!" Goodness knows, the world is in desperate need of such amazing love – Christ's love – as never before! This Valentine's Day let's not be so intent on sharing chocolate and cards which will soon be gone and discarded – let's bear witness to the love of Christ in our lives! And to God be the glory! AMEN.



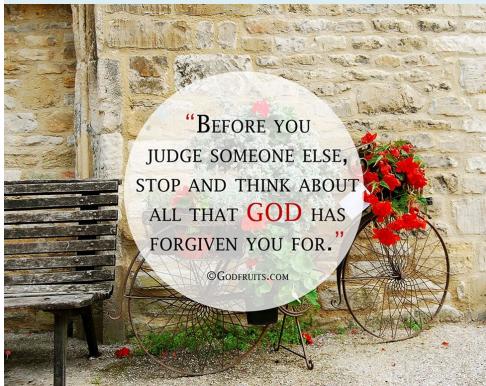
## Groundhog Day

### Early Spring or 6 More Weeks of Winter?

According to folklore, when a groundhog emerges from its burrow on February 2, Groundhog Day, if it is cloudy, then spring will come early; if it is sunny, the groundhog will supposedly see its shadow and retreat back into its burrow, and the winter weather will persist for six more weeks.

Modern customs of the holiday involve celebrations where early morning festivals are held to watch the groundhog emerging from its burrow.

The largest Groundhog Day celebration is held in Punxsutawney, Pennsylvania, with Punxsutawney Phil. As of the census of 2010, 5,962 people and an unknown number of groundhogs were residing in the Punxsutawney, PA.



## What is Stephen Ministry?



Stephen Ministry is a way congregations can provide high-quality care and outreach to hurting people in the congregation and community. Stephen Ministers are congregation members who have gone through 50 hours of training to provide one-to-one, Christ-centered care. Each Stephen Minister is matched with a hurting person - men are paired with men, women with women - and meets weekly with that person to listen, care, pray, and encourage. Stephen Ministers care for those dealing with grief, divorce, job loss, hospitalization, financial struggles, loneliness, convalescence, terminal illness, and many other life difficulties.

From stories of people who have been served by a Stephen Minister:

By a Man who received care from a Stephen Minister: "My life experience during the 10 months I met with my Stephen Minister was not always one of progress. It took courage for me to honestly share when I had my failures and setbacks too. Even then my Stephen Minister was there for me. He encouraged me not to give up, but to pick up and keep going forward. The genuine acceptance spoke to me the most; not to accept failure, but to confess, turn, and receive forgiveness. Having someone assure me of that biblical truth was really encouraging and was exactly what I needed. My Stephen

Minister walked with me through a really dark part of my life, pointing me to the truth and love that is in Christ. I thank the Lord for my Stephen Minister who did not try to solve all my problems but lovingly, as a Christian brother, walked along with me through this valley in my life".

From a Woman: "We met weekly. Sometimes she'd come to my house and we'd sit and talk, and other times we'd go walking together. During our visits, she just let me talk while she listened. As I was talking through things, I realized that it was helping me to make sense of everything that had happened and how I was feeling. She accepted my feelings including the ones that seemed risky to share - and that was really helpful. I actually didn't need advice from her - I needed acceptance and affirmation. I had a lot of loneliness, a lot of hurts, a lot of uncertainty inside. I needed to be validated and not put down. My Stephen Minister did a wonderful job of creating a warm, caring space for me to process my emotions and work through my issues".

If you are interested in hearing more about Stephen Ministry, please contact Barbara Lawrence, Stephen Leader (703)628-5283 or Pastor Catharine Guest. You can also pass along the name of anyone you know who is hurting and may benefit from Stephen Ministry. This is a confidential ministry, and we will not be able to disclose whether someone has a Stephen Minister caring for them, but we will certainly pray for all who are lifted up as having serious troubles and are in need of God's special care.



The month of February will find everyone at All God's Children thinking of love. We will celebrate love in its many forms by doing Valentine crafts, learning new Bible verses, and by discovering how much Jesus loves us and how He wants us to love one another. Speaking of love, we would LOVE to have each and everyone of our FUMC families be part of our preschool. Registration is open now. Contact Myleen Langford at [agcdirector@franconiaumc.org](mailto:agcdirector@franconiaumc.org) or call 703-310-4763.

Our halls will be busy in the evenings



of the tenth and the eleventh as we meet for our annual parent-teacher conferences. We at AGC look forward to having the opportunity to sit down with parents to share the progress of their children on a one-to-one basis.

As those of you who venture up to the third floor know, AGC has its own library. A few years ago the Seekers Class graciously shared a part of their classroom with us so we would have a space to house the 1,500 books in our collection. The library is across the hall from Karen Ingle's music room, making it convenient to visit before or after music classes. Feel free to browse and to let us know if you would like to check out a book.

All God's Children Preschool is a mission of FUMC and is located in the basement of our education wing. If you are ever at church during school hours, come by and say hello!



- American Heart Month
- Black History Month
- Dental Health Month

#### **Sunday, February 1**

— Super Bowl Sunday

#### **Monday, February 2**

— Groundhog Day

#### **Friday, February 6**

— National Wear Red Day  
— Birthday of Ronald Reagan (1911)  
— Birthday of Babe Ruth (1895)

#### **Sunday, February 8**

— Boy Scout Sunday

#### **Monday, February 9**

— Birthday of William Henry Harrison (1773)

#### **Thursday, February 12**

— Birthday of Abraham Lincoln (1809)

#### **Saturday, February 14**

— Valentine's Day

#### **Monday, February 16**

— Presidents Day

#### **Sunday, February 22**

— Birthday of George Washington (1732)

#### **Thursday, February 26**

— Birthday of William Frederick "Buffalo Bill" Cody (1846)



## **Prayers of Praise and Thanksgiving**

Whether you are asking for prayer in worship on Sunday morning or through the Franconia e-mail prayer list, please remember that prayers for "praises" are encouraged. While prayers can be raised for those who are experiencing difficult or trying times, for illnesses, hospitalizations, and deaths, prayers are important for times of joy, praise, and thanksgiving. And please remember to pray for our church. For more information or to join the e-mail prayer list, [click here](#).

## 23<sup>rd</sup> ANNUAL UNITED METHODIST DAY AT THE GENERAL ASSEMBLY

Thursday, February 5th, 2015

Richmond, VA

*Presented by*

The Virginia Conference  
Board of Church & Society &  
United Methodist Women

*We invite you to join us for United Methodist Day 2015 at the General Assembly! This is our opportunity to help faith communities become empowered to serve as missionaries of justice, as well as the more traditional missionaries of mercy.*

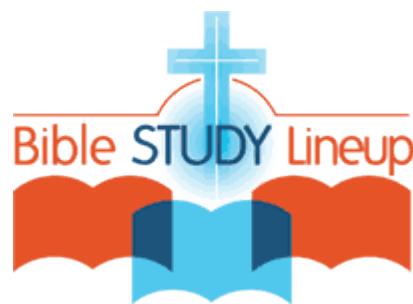
*United Methodist Day and other avenues of faithful advocacy help us to look beyond mercy ministry to ask: "What caused this problem? What causes hunger? Global warming?" By joining together and establishing relationships with our elected officials, we empower members of our congregations to wonder, "How can I make a difference? How can I be a Good Samaritan in our world to its fullest sense?"*

*This event gives congregations a vehicle for reaching beyond themselves and introduces them to the Social Principles of The United Methodist Church in a meaningful way.*

**Final registration date will be Friday, January 30, 2015 and will cost \$35 per person. No refunds will be available.**

**Space is limited to 300; every person MUST register and pay by January 30<sup>th</sup>!**

**For more information and to register, [click here](#).**



**Bible Study?** If you have not been part of a bible study, you don't know what you have missed. As part of the Methodist community, studying the scripture in small group settings is part of our Discipline. Franconia UMC offers several studies in which you can participate. One Sunday morning group, called "Span of Ages," is just finishing a study based on Revival - Faith as Wesley Lived It by Adam Hamilton. The introduction to the study speaks to why we need to continually study the Scriptures.

Adam Hamilton wrote: *"Recently I was given a beautiful flowering plant. When I remember to water it, the plant looks healthy and vibrant. But after a few days without water it begins to wilt. Two weeks without water and its leaves become dry, brown, and brittle. In our spiritual lives we have seasons when we are blooming and bearing fruit, when our vitality is high. But when we neglect our spiritual lives, we begin to wilt. When we have prolonged periods of inattention to the spiritual life, our faith goes dormant. We may go through motions of Christian life, but the vitality is gone."*

We all need a vitamin shot in our spiritual well being and small group studies are a great way to reinvigorate.

Lent is just around the corner and why not give up something for Lent? Give up TIME for Lent to increase your faith in God.

**Renegade Gospel — "The Rebel Jesus"** by Mike Slaughter - A joint Lenten Study for adults and youth — to begin Sunday, February 22nd, 9:45 to 11:00 AM in Cokesbury Hall. Barbara Lawrence will lead off each week with breakout to three Study groups.

Pastor Guest will be teaching Renegade Gospel, on Wednesday evenings, starting February 25 , 7—9 PM in the small kitchen.

**Gospel According to Starbucks -** Pastor Guest will be facilitating this at La Madeline Restaurant in Kingtowne Center on Thursdays Noon to 2 PM beginning February 26th.

**Experiencing God- Starting** Wednesday, February 25th 7-9 PM. This study was taught a year and a half ago and has been requested again. Barbara Lawrence will facilitate.

Sign up sheets will be in Cokesbury Hall beginning Sunday, January 25th or you can call Barbara Lawrence at 703-628-5283.



"The Church should continually exert a strong ethical influence upon the state, supporting policies and programs deemed to be just and opposing policies and programs that are unjust."

*Social Principles of the United Methodist Church, 2012-2016*

## Shrove Tuesday?

**Shrove Tuesday** (widely known as **Pancake Day**) is the day preceding Ash Wednesday (the first day of Lent), which is celebrated in many countries by consuming pancakes.

The expression "Shrove Tuesday" comes from the word *shrive*, meaning "confess". Shrove Tuesday is observed by many Christians, including Anglicans, Lutherans, Methodists and Roman Catholics, who "make a special point of self-examination, of considering what wrongs they need to repent, and what amendments of life or areas of spiritual growth they especially need to ask God's help in dealing with."

The term *Mardi Gras* is French for "Fat Tuesday", referring to the practice of the last night of eating richer, fatty foods before the ritual fasting of the Lenten season, which begins on Ash Wednesday.

## Chinese New Year

The Chinese New Year is celebrated with the Chinese Spring Festival. The Spring Festival, which begins on February 19, has more than 4,000 years of history. The Spring Festival is one of the traditional Chinese festivals and is the most important festival for the Chinese people. The evening preceding Chinese New Year's Day is an occasion for Chinese families to gather for the annual reunion dinner. Originating during the Shang Dynasty (about 17th - 11th century BC), Spring Festival is full of rich and colorful activities, and hopes with the advent of spring and flowers blossoming. People from different regions and different ethnic groups celebrate it in their own unique ways. New Year is often referred to as the "Lunar New Year." 2015 is the Year of the Sheep (or Goat).



### Hymn:

"They Will Know That We Are Christians by Our Love"

### John 13:35:

"By this all men will know that you are My disciples, if you have love for one another."



For the cold wintry days in February, a warm wrap can be a comfort. A prayer shawl from Franconia UMC can give your friend or relative the warmth and support of prayer. Consider a prayer shawl to express your love on Valentine's Day! If you know somebody who needs the warmth of a prayer shawl, contact the Prayer Shawl Committee—Sandra or Suzanne Ackley at 11 AM service or Debbie Gordon at 8:30 AM service.

## All Church Birthday Party Sunday, January 25, 2015



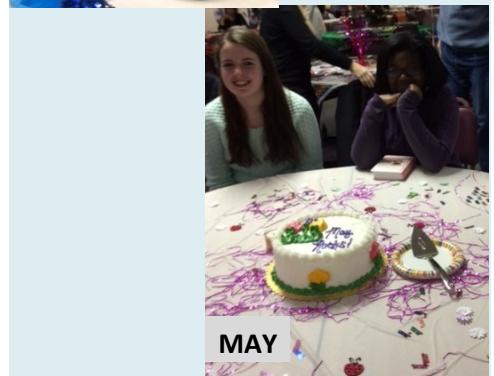
JUNE



SEPTEMBER

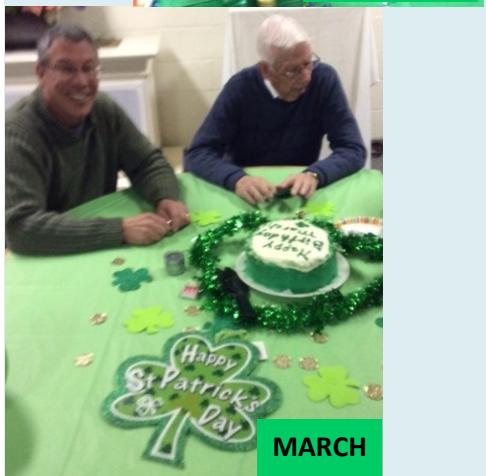


AUGUST



MAY

## All Church Birthday Party Sunday, January 25, 2015



**Classes are  
STARTING SOON!**

A biblically based curriculum that teaches people how to handle money God's way.

REGISTRATION DEADLINE: MONDAY, FEBRUARY 9

We all need a plan for our money. Dave's class will show you how to get rid of debt, manage your money, spend and save wisely, and much more!

Franconia United Methodist Church is offering a 9-week course, featuring DVD presentations by renowned financial adviser, Dave Ramsey.

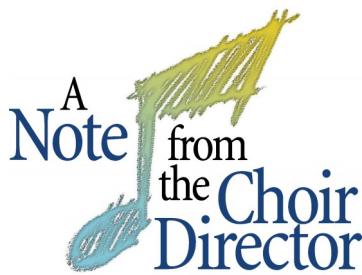
Classes start Monday, February 23rd (7:00 p.m. - 9:00 p.m.) in Cokesbury Hall and continue each Monday evening through April 20th.

Topics include savings plans; budgeting; debt reduction; purchase

decisions; insurance; retirement & college planning; real estate & mortgages; and generous giving.

To register online and purchase materials go to [Financial Peace University](#) or call administrative assistant, Shelly Naisbitt, at (703) 971-5151 during business hours or call course coordinator, Thom Hostetter, at (703) 971-9107 during evening hours.

A free lesson preview will be offered in Cokesbury Hall on Monday, February 9 at 7 PM.



Have you wanted to sing with the choir but have been unable to commit to rehearsals during the entire year?

Maybe you'd like to sing with the choir for a shorter period of time.

Would you like to sing with the choir for Easter Day or the Easter Concert? If so, contact the Director of Music, Jay Parrotta at [jparrotta@gmail.com](mailto:jparrotta@gmail.com) for details.



**March 8, 2015  
Daylight Saving Time Starts  
Spring Forward**

Sunday, March 8, 2015, **2:00:00 AM**, clocks are turned **forward** 1 hour to **3:00:00 AM**.

## It's Not Just a Man's Disease



## Servant Leadership: A New Concept?

*Whoever desires to become great among you shall be your servant. And whoever of you desires to be first shall be slave of all.*

**Mark 10:43-44**

Researchers at Arizona State University released a study showing that while arrogance and self-importance impress outsiders, it's bosses with humility who impress their employees. When a CEO displays a humble spirit, he or she gains the long-term respect of coworkers. The Arizona researchers called this kind of attitude: "Servant Leadership."

Management expert Ken Blanchard points out that Jesus Christ not only taught servant leadership; He modeled it perfectly. One of the indications we're following His example, says Blanchard, is how we respond to feedback. When self-serving leaders get feedback, they tend to become defensive or resentful. They're interested in protecting their status, their turf, and their system. But servant leaders

welcome feedback, for it's how they learn, change, respond to the thoughts and needs of others, and show respect to the one speaking to them.

Jesus came not to be served, but to serve. As we humble ourselves and serve others, God will increase our influence and extend our effectiveness in arenas both large and small.

*Christians have more in Jesus than just a great spiritual leader; we have a practical and effective leadership model for all organizations, for all people, for all situations.*

**Ken Blanchard, in Servant Leader**

**From: Turning Point with Dr. David Jeremiah, January 16, 2015**

Copyright © 2015 Turning Point for God.

Celebrate **National Wear Red Day** on Friday, February 6, 2015 to help save women's lives.

Ask any stylist, job coach or dating expert and they'll tell you that red stands out. Eyes are immediately drawn to it. Some even say that the color red is a confidence booster and makes you feel powerful. Maybe that's why the color red was chosen to signify the fight against the No. 1 killer in women. Maybe it's just a coincidence that it's also the color of our hearts.

National Wear Red Day is held on the first Friday in February every year to raise awareness about heart disease in women.

National Wear Red Day began in 2003. Heart disease was claiming the lives of nearly 500,000 American women each year – and women were not paying attention to the disease that they truly believed, and many still believe to this day, affects more men than women.

Symptoms of a heart attack for men and women are not the same.

Major symptoms for women prior to a heart attack include:

- Unusual fatigue - 70%
- Sleep disturbance - 48%
- Shortness of breath - 42%
- Indigestion - 39%
- Anxiety - 35%

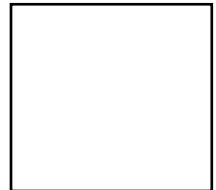
Major symptoms for women during a heart attack include:

- Shortness of breath - 58%
- Weakness - 55%
- Unusual fatigue - 43%
- Cold sweat - 39%
- Dizziness - 39%

For more information, [click here](#).

## Franconia United Methodist Church

6037 Franconia Road  
Alexandria, VA 22310  
[www.franconiaumc.org](http://www.franconiaumc.org)



Tuesday, February 17, 2015

### Free Pancake Supper

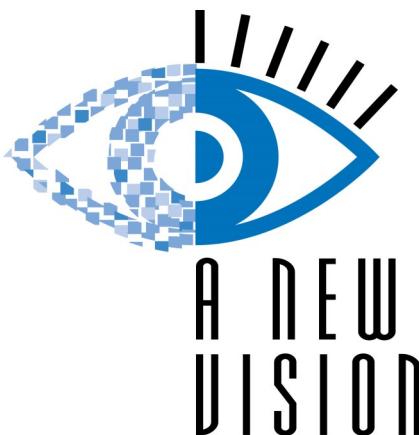
See Details Inside—Page 2

February 2015

## The CHIMES



- ♥ **Sunday, February 1**  
Super Bowl Viewing Party  
Begins at 5:30 PM
- ♥ **Tuesday, February 17**  
Free Pancake Supper  
5:30—8:00 PM
- ♥ **Wednesday, February 18**  
Ash Wednesday services  
12:00 noon and 7:30 pm
- ♥ **Monday, February 23**  
Financial Peace University  
Classes Begin 7—9 PM



### The CHIMES

Editor: Janet Hedrick  
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**571-213-2670**

*Photos on pages 7-8 provided  
by Frankie Todack.*

Franconia United Methodist Church . . . is a multi-generational, Christ-centered community called to reach out to the young adults and families in the Franconia/Kingstowne area. We welcome all and together respond to the challenges of daily life through worship, study, and fellowship. As led by the Holy Spirit, through dynamic and innovative ministries, we will make disciples of Jesus Christ for the transformation of the world.



*Sunday, FEBRUARY 15: Deadline  
for submissions for the March  
issue of The CHIMES*