

# The CHIMES

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A publication of Franconia United Methodist Church

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## YOUTH MISSION TRIP TO SPY

by Sussie Owusu-Ansah

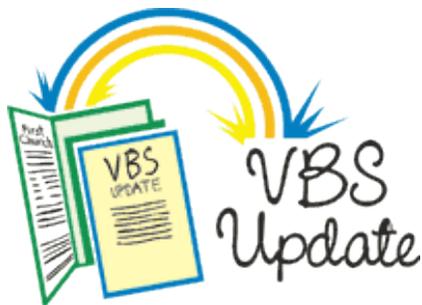
The youth traveled to Christiansburg, VA for their mission trip to SPY (Summer Project Youth). SPY took place July 5—11 at Fieldstone United Methodist Church. The youth were encouraged to make friends with their roommates and build bonds between each other that would never break. Along with forging new friendships, the youth indulged in mission work. Due to car trouble, the youth worked on mission projects on site. They often weeded grass and cut down trees and shrubs that were in the way of air conditioners as well as mowed the lawn and cut away at plants to make a pathway to the tree house the church had in their backyard. After that, the youth put in dry wall and painted a bench. Next, the youth left for a civilian's house to mow her lawn and cut down a tree as well as clean out her storage. After that, the youth helped sand, stain a deck, and paint a side of a house in just two days. Their work did not go unnoticed. On the last day of working, a reporter for a local newspaper came down and snapped photos of the youth for the newspaper, because the youth were doing community service.

Along with painting was singing and worship that took place in the morning and evening. On Thursday, the last night the youth had at SPY, there was a bonfire and a talent show. Some youth from our group as well as many others from other youth groups went up to display their talents, and received applause and cheers after.

The mission trip caused the youth to work through their strengths and challenge them to work out problems with the tools that they had. The trip tightened the bond between the youth and left behind many memories that will not be forgotten. As many would say, this mission trip was a success.



Along with mission work, the youth were called to find God in their service, and reflect on the day. The theme for the week was Spark, and the youth were asked to paint on a canvas what they perceived the word meant to them.



July 21—25, 2014

Attendance: 70 Children

Servants (Volunteers):  
40 (29 Adults and 11 Youth)

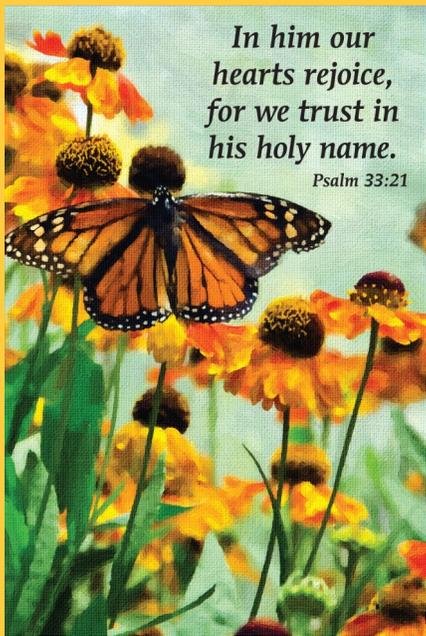
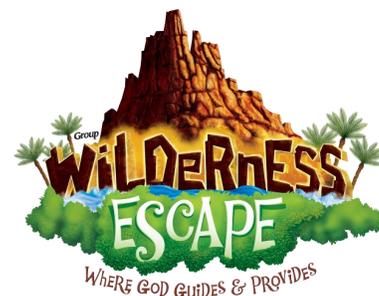


- God is with us so trust God
- God gives us what we need so trust God
- God gives us strength so trust God
- God saves us so trust God
- God guides us so trust God

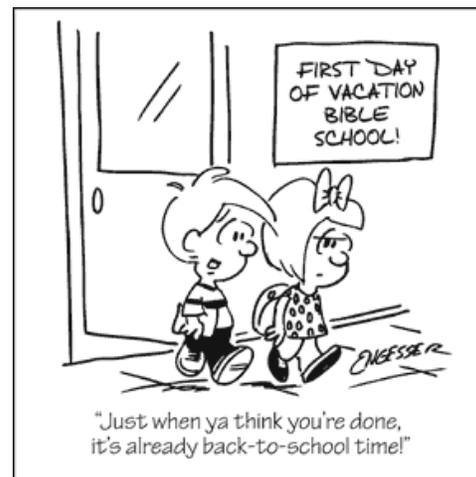
**Theme: Moses in the Wilderness**

Highlights of the week:

- ◆ Crossing the Red Sea
- ◆ Finding Manna and Quail
- ◆ Defeating the Amalekites
- ◆ Baby Moses in the Bullrushes
- ◆ The Ten Commandments



- ◆ Learning Bible verses about trusting God
- ◆ Daily sharing of "Where Have You Seen God?"
- ◆ Closing Program: Singing and reciting Bible verses
- ◆ Pizza lunch with families following the program
- ◆ Mission Project: Collecting food for the Phoenix Rising Food Ministry (See page 7 for more about Phoenix Rising.)



## Caregiver Support Forum

On May 31, Rev. Dr. Benjamin Pratt visited FUMC and led a workshop about the role of caregiver. Dr. Pratt, a retired United Methodist Pastoral Counselor, is the author of *A Guide for Caregivers*.

In follow-up to that session, Barbara Lawrence has started communicating with those interested in being a part of the Caregiver Support Forum at Franconia United Methodist Church.

In addition to Dr. Pratt's book which Barbara recommends, she suggests a couple of other books:

- ◆ *Don't Sing Songs to a Heavy Heart* (How to relate to those who are suffering) by Kenneth C Haugk,

PH.D. Topics include Physical Disability, Job Loss, Divorce, Natural Disaster, Parenting Struggles, Empty Nest, to name a few.

- ◆ *Not Alone: Encouragement for Caregivers* by: Nell Noonan published by the Upper Room

Barbara also recommends the website: [www.caring.com](http://www.caring.com) saying the site is helpful in many areas where caregivers have questions and sometimes have difficulty finding an answer.

If you are interested in participating in the Caregiver Support Forum, Please contact Barbara Lawrence at [lawb782620@aol.com](mailto:lawb782620@aol.com).

Barbara would like your feedback on:

Would you like to meet monthly, quarterly, at the church or some other place in the community such as a quiet restaurant? Topics to explore: Depression; Assisted living - Do we need to look at this now? - How to pay for it?; In-Home Care - How to set it up?

Let Barbara know other topics in which you would have interest or other thoughts about the Caregiver Support Forum.



## FIVE 10-Minute Pick-Me-Ups for Caregiver Stress

By Paula Spencer Scott  
[Caring.com](http://www.caring.com) Senior Editor

Having one of those days? The best antidote stress and fatigue is to treat yourself well -- even if in small doses.

Try these pick-me-ups: 10 minutes to yourself that reverberate much further into your day.

### 1. Read something funny.

Laughter has been shown to trigger the relaxation response, lower heart rate and blood pressure, and even boost the immune system and ease pain. It might seem corny to dive into a comic book collection, a joke book, or a few minutes of America's Funniest Home Videos, but the effects are real.

Not finding the funnies very funny today? Try forcing a smile. The simple act

of turning your facial muscles into a smile triggers the brain to initiate relaxation response. Bonus: Smiling tends to inspire others to smile (not unlike yawns inspiring yawns). So your smile might make your loved one a little easier to live with.

### 2. Crank the volume.

Music therapy is often used to calm or stimulate dementia patients, but it can have **similar effects on anyone**. Playing music with a strong beat has an energizing effect. Melodic orchestral or acoustic tunes can improve thinking and focus.

To get the full pick-me-up, raise the volume to that the music fills the room. Really **listen**. Create a few special playlists that you label by mood so you can match the tunes to your needs: "Happy music," "Energy kick-start," "Dance favorites."

### 3. Take a power nap.

Ten minutes of shut-eye might not sound like much, but it can be enough to feel restorative, especially if you've had a disrupted night's sleep. Midafternoon rest, when the body clock is at a natural lull, is thought to be especially productive.

A longer, 30- to 60-minute nap allows you to fall into a deep stage of sleep that's even more restorative, but it's harder wake from. If you only have a short break, set a timer or alarm clock, so you don't oversleep.

### 4. Pump a little iron.

Lifting free weights tones your arms and strengthens your bones -- but those are long-term extras on top of the energy boost this simple (and not too sweaty)

*Continued on page 5*



By: Pastor Catharine Guest

*Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit.*

2 Corinthians 3: 17-18

Summer – lazy, hazy days by the pool, at the ball fields, visiting family and vacation spots. It’s a great time because there is no school and lighter traffic during rush hour. We don’t have to wear heavy coats – and we can go barefoot anytime we want. Summer is great – but sometimes within the life of the church, summer is a real drag – nothing much seems to be happening. Attendance is down, no Bible studies, no sense of urgency to be out in the community in mission and service. So often we just can’t wait for fall so we can start getting back into the swing of things – after all Christmas is coming!

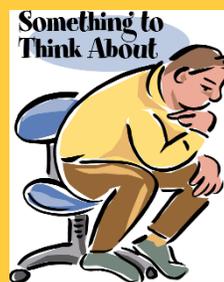
But, I haven’t found any of these dreaded problems at FUMC. This church serves

**lazy days**  
 SPLISH SPLASH SPIOOSH  
 rays of sunshine  
 ice cream & POPSICLES  
 giggles & smiles  
 BURGERS \*HOT DOGS \*CORN ON THE COB  
 TWINKLING STARS  
 CAMP FIRES & S'MORES  
**SUMMER**

God all year round – in spirit, in truth, and in joyful gratitude for all that our Lord has already done for us. We still have Sunday School, Men’s Saturday morning Bible Study, and weekday and weeknight Bible Study because our hunger for growing closer to God isn’t a seasonal thing. We still have well attended services on Sunday morning with the opportunity to take a midweek pause in prayer on Wednesday evenings because our desire to worship God never ends. We still serve the Phoenix Rising ministry on fourth Thursday evenings and have served well over a hundred children in conjunction with Franconia Elementary School as we have worked the FES bookmobile because learning never stops. And we have just completed a hugely successful Vacation Bible School thanks to all of you and your desire to make learning about our Lord FUN – because Jesus isn’t just for Christmas and Easter – and we want others to know the wonderful truth that is our Lord.

Paul says to the church at Corinth that where the Spirit of the Lord is there is freedom. We at FUMC have exercised our freedom; our freedom to worship and serve our Lord – all year round – even in the summer. We have given our free time to our Lord all for His glory as an offering of our love. FUMC is a church freely dedicated to our Lord’s service. His image is being revealed in and through us each and every day from glory to glory! The Spirit of the Lord is truly in our midst! And to God be the glory! AMEN.

**WE KNOW ONLY  
 TOO WELL THAT  
 WHAT WE ARE DOING  
 IS NOTHING MORE  
 THAN A DROP  
 IN THE OCEAN.  
 BUT IF THE DROP  
 WERE NOT THERE  
 THE OCEAN WOULD BE  
 MISSING SOMETHING.  
 Mother Theresa**



**I Was Wondering . . .  
 What is Humble  
 Submission to God?**

Unless we are able to humbly submit to an authority greater than ourselves we are always living under our own control – according to our own will. As long as we are in charge we are in effect our own gods – we live and work according to our own desires – our own will – our own wisdom.

In order for God to be the Lord of our lives, it is necessary to submit to God’s authority and God’s will – to release our lives to God’s control. This is extremely counterintuitive to the ways of the world – but the world’s ways are not God’s ways. So....how do we humbly submit?

First by humbly acknowledging that we will never be able to be smart enough, skilled enough, or good enough to free ourselves from sin – what a humbling acknowledgment!

Second, by humbly acknowledging that only through the death of Jesus Christ are we freed from sin and made righteous (justified, right with) God. It is as we believing that Christ died for EACH of us and believe in that liberating truth that we are free to live forever.

Third, this humble acknowledgment leads us to submit ourselves to God’s authority – God’s control – God’s rule – over our lives. The means we use in order to find and submit to God’s will is the scripture.

Fourth, even the humble acknowledgment and intended submission to God is not something we can do alone. We are called to submit to the power of the Holy

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## New Adult Classes

### Parenting the Early Years 10 Biblical Traits Your Kids Will Remember You For

Drs. Les & Leslie Parrott  
Begins Sept ember 21 at 9:45  
In the 'parlor'

Bring your children to Sunday School and Join other parents in conversation!

Who you are matters more than what you do. When your kids are all grown up, how will they remember you? In 6 video based sessions, Drs. Les and Leslie Parrott will take you through a parenting approach you won't find in any other parenting resource.

In reality TV style, take a sneak peek at the real-life parenting moments and vulnerable questions from 20 families.

Discover 10 Biblical traits that will make you a better person and a better parent. Then begin to intentionally pass on key traits to your kids.

Sign up by September 10 so that we can be sure to have materials for you!

### I Wish Jesus Hadn't Said That!

Steve Timmis

Two opportunities to meet:  
Sunday, 6 PM, beginning September 21  
Tuesday, 7PM, beginning September 23

Some reviews:

"A humble, witty, honest, and wise sage explores some of the hard sayings of Jesus and makes them clear and compelling."

"For a Christianity that has been lulled to sleep by a pleasant, self-help Messiah, this book is the awakening course-correction. In chapter after chapter, Steve Timmis brought me back to the sayings of Jesus I thought I'd made peace with and showed me afresh the tension His words were meant to create in the hearts of His hearers."

We may wish that Jesus hadn't said these things, but . . . I'm sure glad He did!

Sign up by Sept ember 10 with Pastor Catharine so we can have materials for you!

## Pick-Me-Ups for Caregiver Stress

*Continued from page 2*

workout provides. If you've never used a handheld weight, start with two- or three-pound dumbbells, sold at sporting goods stores or large variety stores such as Wal-Mart or Target. Lift weights in sets of 8 to 10 slow repetitions, increasing the amount of the weight over time.

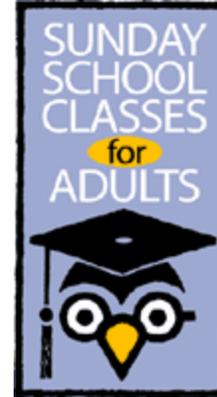
Any quick exercise can have the same effect: running through a few yoga poses, stretching, walking around the block if you can get out of the house, going up and down the stairs a few times.

### 5. Write a letter.

Simmering resentment, anger, or frustration can sap energy. Psychologists sometimes use this tool to help people let go of energy-blocking ruminations: Write a letter to yourself or your loved one. Put in everything you're

feeling. Describe specific incidents. Imaging what you wish had happened instead, or what you wish for in general. (More "thank-you's" and appreciation? More free time? Your old pre-caregiving life back?)

The act of putting your true emotions down on paper (or in an e-mail you don't send) helps your body release them, just the way you feel better after confiding in a friend. Then, when you're done, rip up the pages or delete that e-mail.



### Seekers Class to Study Old Testament

Visitors and  
New Members  
Welcome

Beginning  
September 7,  
the Seekers  
Adult Sunday  
School class will  
begin a study of

the Old Testament using one of The Great Courses video series. The course will "offer an introduction to the history, literature, and religion of ancient Israel and early Judaism as it is presented in the collection of texts called the Old Testament, the Hebrew Bible, and the Tanakh."

The lectures in this series will be presented by Dr. Amy-Jill Levine, a professor at the Vanderbilt University Divinity School. She has earned degrees from Smith College and Duke University and has written and lectured extensively on Old Testament topics.

Please join us in September for this series. Help us interpret what these ancient writings mean for us today. The Seekers meet in Room 305A (third floor) of Cokesbury Hall beginning about 9:30 (after the conclusion of the first service). We break at 10:30 to accommodate our choir members.

Come for a Sunday or a number of Sundays. You will always be welcome.



## One Out of Five?

The question on the radio was "What is it that one out of five of us has done at some time in our lives?"

- Skydiving? No
- Traveled to Europe? No
- Correct answer: Played in a band

Where are you? We are looking for the 20% of you that have played in a band. Or have you always wanted to be in a band?

How about "Rocking for the Lord"? It's a new opportunity to participate in the

ministry of Franconia United Methodist Church!

If you sing and/or play a musical instrument and would like to praise God in a Christian Rock Praise Band, please let Pastor Guest know. You can send an email to [catharine.guest@gmail.com](mailto:catharine.guest@gmail.com).



## Franconia Bookmobile



As part of the partnership with Franconia Elementary School, members of FUMC are delivering books (and popsicles) this summer to the children in the communities where they live. Many of the books being shared with the children were collected this spring at FUMC.



## What is Stephen Ministry?

Stephen Ministry is a program that equips lay persons to provide distinctively Christian care to those who are experiencing all kinds of life needs and circumstances. Stephen Ministers receive 50 hours of training in important caring ministry skills and concepts. They participate in regular support and supervision under the guidance of trained

Stephen Leaders and receive continuing education and skill building throughout their years of service. They are committed to preserving the confidential nature of the caring relationship and express God's care through their lives to others. These ministers do not substitute for, but rather, extend the pastor's care-giving. For more information, see page 9.

## My Little Buddy Jack

By: Pat Hobbs

The little guy so sweetly asked me if I could help him find all the books about Thomas the Tank Engine. So he and I went through every dad-blamed bin and found several. With each book, he would light up and act like it was a long lost friend. When I offered him a popsicle, he said "Can't stop. I've got some reading to

do with Thomas." His whole little body was quivering with excitement and he couldn't believe his good fortune. And I couldn't believe my good fortune in meeting my little buddy Jack. Seeing Jack's delight was a sure sign to me that God shows up everywhere we bother to look and interacting with our neighbors is what we are meant to do.



On June 1, the following became members by Confirmation:

- Angela Renee Emans\*
- Julia Christine Emans
- Edward Jason Tofani IV\*
- Lexy Flora Thomas

\*Baptism also.

The following were welcomed as members on June 29 by transfer :

- Susan Bland
- Patricia Crabbe
- Alice "Faye" Fox
- Marge Simms
- Marjorie Tharpe

**What is Humble Submission to God?**

*Continued from page 3*

Spirit to infill us (reside in us) and work within us to transform us to the true children of God – those who reflect God in the world.

**Humble yourselves before the Lord, and he will lift you up.**



**James 4:10**

As we humble ourselves before God, receive God’s gift of salvation and eternal life, and place ourselves under God’s authority and receive the Holy Spirit, we will continue to find more and more places in need of submission and obedience – and praise God! For the Spirit will work in and through us to make us holy (sanctify us) and present us as perfect and pleasing to God – all for His glory!



**Cindy Langan, Finance**

Franconia United Methodist Church continues to be blessed by your generous support. As of June 30, 2014, we have a surplus of budgeted offerings over budgeted expenditures of \$1,805. This is a decrease from our surplus as of May 31 of \$6,388. This was a result of increased expenses, especially an exceptionally large water bill of \$1,863 which is the result of a leak in the water pipe between the Church and Koinonia. It was 6 times the normal bill. Our reserves are down to \$19,315 from \$25,743 last month.

The Capital Fund balance as of June 30th is \$10,313, a significant decrease from May 31st balance of \$18,478. The Trustees made some significant improvements for the Church property this summer including painting the steeple, the front of the Church, and

some of the Parsonage trim for \$4,994 and a new air conditioner for the Parsonage for \$4,900. These improvements significantly reduced the Capital Fund. The leak in the water pipe will be an expensive repair, estimated at approximately \$7,600. This was NOT anticipated. We must do this repair and it will significantly deplete the Capital Fund. The Trustees were planning other improvements to the Church property, but these will have to be postponed until we can replenish the Capital Fund. Please consider making additional contributions to the Capital Fund if you are able.

June was an expensive month. Our surplus and reserves are decreasing and we are in the middle of the vacation season. Please remember that the Church continues to operate even when we are not in Church. Please continue to support Franconia UMC financially and with your prayers, presence, service and witness so that we can continue to move forward in the direction that God is leading us to make disciples of Christ for the transformation of the world!

	<u>Surplus</u>	<u>Capital Fund</u>	<u>Reserves</u>	<u>Offerings</u>
APRIL 30	\$11,681	\$17,569	\$26,243	\$30,358
MAY 31	\$ 6,388	\$18,478	\$25,743	\$25,699
JUNE 30	\$ 1,805	\$10,313	\$19,315	\$33,953

**Trustees Make Improvements**

The Trustees thank you for your support of the efforts to improve the outside appearance of the Church. You may have noticed the landscaping around the Church sign, painting of the steeple and front portico and ringing of the repaired Carillion. In addition, the Parsonage has a new air conditioner and the garage has a new door.

Contributions to the “Capital Fund” have made these projects possible. But, as noted in the Financial Report above, a leak in the water pipe between the Church and Koinonia resulted in a water bill 6 times the normal bill and the

repair is estimated to cost about \$7,600. This was NOT anticipated and has a major impact on the “Capital Fund” and the other improvement projects that are planned— finishing the painting of the Church exterior, repairing the sanctuary heating system, and adding siding to garage/storage shed.

**The Trustees are asking you to consider giving dollars designated for the “Capital Fund— above and beyond your weekly gifts—so the planned improvements can continue.**

## Nancy and Kip Robinson Visit

On Sunday, August 10, Franconia United Methodist Church will welcome missionaries Nancy and Kip Robinson for a visit.

The Rev. Nancy Robinson is a missionary with the General Board of Global Ministries serving as continuing education coordinator for the Sierra Leone Annual Conference in West Africa. Kip Robinson is a missionary with the General Board of Global Ministries serving as coordinator of congregational development and education for the Sierra Leone Annual Conference in West Africa. They are based in

Freetown, and were commissioned in June 2013.

Nancy's work focuses on leadership development for both clergy and laity in the areas of worship, including music; sacramental theology and practice; and stewardship.

Kip's work focuses on the strengthening of congregations, hospitality for mission volunteer teams, and building connective relationships.

## The Missionaries are Coming!

### August 10, 2013

Join us in welcoming Clifford "Kip" and Nancy Robinson, missionaries in Sierra Leone



## Phoenix Rising Food Ministry

Phoenix Rising is an offshoot of the Route One Shalom Cooperative food ministry program.

Every Friday night at 6 PM, teams from assigned churches and organizations set out to distribute sandwiches and pre-packaged food items, making several stops along the Route One corridor from the beltway to the Fairfax County Parkway, south of Ft. Belvoir, Alexandria. The nutritious bagged meals are delivered to those who are homeless and are living in tents, vehicles, and motels. These meals provide nourishment to those who may not otherwise have something to eat that weekend, filling their stomachs and touching their hearts.

Franconia United Methodist Church is one of the local United Methodist

Churches that participate in the Phoenix Rising Mission.

Franconia's Phoenix Rising team is responsible for meal packaging and delivery for the 4th Friday of each month.

On the Thursday before the 4th Friday at 6:30 PM, Franconia volunteers meet in the church social hall and large kitchen to make 200 sandwiches and put together the meal items for delivery. The jobs vary from preparing sandwiches, assembling the bag meals, writing personal messages of encouragement and faith to place in the bags, and assisting in delivery.

Adults and youth are welcome to assist with preparation and/or delivery of the meals.

### Schedule on August 10

- ◆ 8:30AM Service – Kip will preach the sermon.
- ◆ 9:30AM – Breakfast in Cokesbury Hall and presentation by Kip and Nancy.
- ◆ 11AM Service – Kip will preach the sermon. Nancy will preach the Children's Sermon.
- ◆ Reception after 11AM service.



### Sunday, September 28 Mason Neck Park 3:00 PM—7:00 PM

Hamburgers and Hot Dogs Provided by the Church

Each Family Brings Whatever is Needed: Other Food, Paper Products, and Drinks

### Activities to Enjoy:

- ⇒ Hiking
- ⇒ Bike trails
- ⇒ The Nature Center
- ⇒ Eagle Nest Viewing
- ⇒ Fishing
- ⇒ Playground
- ⇒ Kick-ball and other games



Please be a part of the welcoming community at FUMC! The fellowship time following the 11 AM service is a time for greeting visitors and guests and for conveying our pleasure to see them. You can participate by volunteering to set up and clean-up. To sign up electronically, which will also provide you with an email reminder in the days prior to your commitment, go to:

[www.SignUpGenius.com/go/10C0445A8AC2CA75-postworship](http://www.SignUpGenius.com/go/10C0445A8AC2CA75-postworship)



## Invite a Neighbor

**IF YOU INVITE THEM, THEY WILL COME! EIGHT OUT OF TEN UNCHURCHED MEN AND WOMEN SAID THEY WOULD COME TO CHURCH— IF ONLY SOMEBODY WOULD INVITE THEM.**

## Koinonia

### Guiding Principles:

1. To treat all people with dignity and without discrimination.
2. To give a hand up not a hand out.
3. To give hope and spread joy.
4. To act as a clearinghouse for community resources.
5. To value our staff and volunteers.

## Is it Your Time?

Is it your time to consider becoming a Stephen Minister?

Stephen Ministry is a program at Franconia United Methodist Church that offers the opportunity to minister to others by being a confidential listening ear, one who offers reassurance of God's love when it's difficult to recognize it. For someone going through a crisis, a Stephen Minister can be a refuge to share the pain and hurt that sometimes comes in life, when no one else seems willing to listen.

Are you worried you might not know what to say or how to respond when someone expresses extreme sadness, anger, frustration, or even hatred toward God?

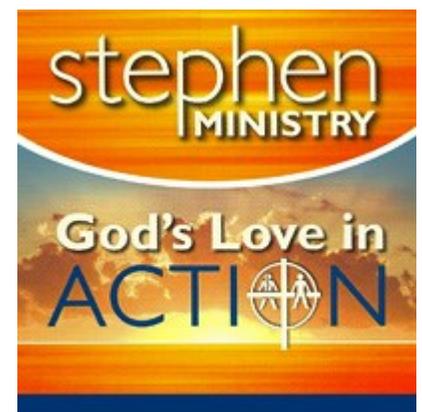
Stephen Ministers receive an initial 50 hours of training in how to provide distinctively Christian care and also receive continuing education. Stephen Ministers are not expected to solve someone else's problems; they know only God can provide solutions. But Stephen Ministers can care for hurting people, provide an empathetic ear, and help others remember that God is always present.

Please pray about Stephen Ministry in the coming weeks and ask if this is where God wants you to serve others. To learn more about Stephen Ministry and the training required before you begin, contact Barbara Lawrence [703-628-5283](tel:703-628-5283), Stephen Leader, or Pastor Catherine Guest.

If it's not your time to join this ministry, but you know a caring individual who you believe could be a blessing to others, please let Barbara or Pastor Guest know about him or her.

**The next Stephen Ministry training is scheduled to begin in January of 2015 and will continue to the first week in May. The training is only 3.5 hours a week and is usually on Tuesday evenings.**

**If you know someone who is hurting who may benefit from Stephen Ministry, please let Barbara or Pastor Guest know. Stephen Ministry is confidential 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.**



## SHARE Sunday on August 3

Remember – The first Sunday of each month is SHARE Sunday for our friends at [Koinonia](http://www.koinonia.org). Donations of cleaning products are greatly appreciated; please use the marked bins in the narthex (front entrance) or in Cokesbury Hall (behind gray room divider). The clients of Koinonia greatly appreciate your support.



**Franconia United Methodist Church**  
6037 Franconia Road  
Alexandria, VA 22310  
www.franconiaumc.org



August 10, 2014  
Meet Our Missionaries!  
See Details Inside—Page 7

## The CHIMES

AUGUST 2014



- Saturday, August 2:** Offsite retreat for Church Council
- Sunday, August 3:** New Members Class—following 11 AM service
- Sunday, August 10:** Visit with missionaries, Nancy and Kip Robinson
- Thursday, August 14:** 12:15 PM , Lunchtime Recital by Jay Parrotta, All Saints Church, Rehoboth Beach, DE
- Saturday, August 16:** 3:00 PM DCFEST, Christian Concert, Patriot Center
- Sunday, September 28:** All-Church Picnic, 3:00 PM—7:00 PM, Mason Neck Park
- Tuesday, October 7:** FUMC Charge Conference, 7:30 PM



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.

If you have news or announcements to share, you no longer have to contact the editor of the Chimes, the various individuals who manage the website, the screen in Cokesbury Hall, the electronic sign, local publications, and the church calendar. One message only—You can send to [news@franconiaumc.org](mailto:news@franconiaumc.org) for everyone involved in communications to know.

Who Have You Told?