

DISTRICT NEWS

A Newsletter of The Harrisonburg District • Virginia Conference of The United Methodist Church

September 2013

Issue 40-9

From Our DS

Dear Friends,

School has started, the weather should be cooler and it's almost time for Charge Conferences. Please take time to look at your Charge Conference Schedule and come attend! I want to hear what your church is doing—what you are proud of—that's why I do each one individually. Charge Conferences begin on September 16th and Mt. Pisgah UMC is the first.

Pulpit Exchange is coming! September 22 is the day! I hope you are looking forward to welcoming a different pastor to your church. Our pastors will be traveling in every direction. This year we are simply asking for morning services and not for anything at night. If it is convenient, please have a lunch or something special after church so there can be some fellowship time.

The District UMW Prayer Breakfast will be September 21 at Dayton UMC at 9:00 a.m. Please send your registration forms in early. The District UMM will meet for dinner on September 17 at Furnace UMC and reservations should be made to Tom DeVore. Our Men and Women are both active and we invite you to take part.

Fall Book Study will be from a fantastic new book by Bishop Grant Hagiya (Bishop of Alaska, Washington, Nebraska) The book is entitled ***Spiritual Kaizen!*** This is a book on Leadership. The Kaizen Concept is **Kai** - change and **Zen** - good or better. This concept means "Continuous Improvement". This book study will be for both laity and clergy and we will meet on **Wednesday, beginning October 9, at Manor Memorial at 2:00 p.m.** Because I don't know if this is a good time, please come on the 9th and we will decide when the next meeting will be. Clergy, I will check on getting CEU credit for you. You may purchase this book online from Cokesbury and probably also on Amazon. This is a wonderful book and you may wish to take the course and then teach it in your church. **October 9 - Manor Memorial UMC - 2:00 p.m.!**

Lay Servant Training is coming! Please set September 28 aside and send your registration in!

District Parsonage - the Superintendency Committee and District Trustees are meeting this week to talk about the District Parsonage. The parsonage has some age on it and we are talking about upgrading while the home is still in a good neighborhood and sellable. The committee has been looking and will give you a complete update report as soon as we know what the recommendations are. This note is just to keep everyone in the loop.

Please remember November 17 on your calendars. This is our District Conference and Training Day. We will meet at 2:30 at Manor Memorial UMC in New Market. We hope this location will be about the middle, since we have a long District. A complete list of classes and speakers will come next month.

See you at your Charge Conference! Tommy

I read an amazing story in the Toms Brook UMC's newsletter and I thought you might like to see it and share it. It is an attachment to the district newsletter. Many thanks to Rev. Bob Throckmorton!



Pictured above are District Superintendent Tommy Herndon and the group that attended the School of Christian Development in Colorado Springs, August 15-18. Also attending from the Harrisonburg District were Rev. Amanda Garber from RISE and Brent Levy, Candidate for Ministry and student at Duke University Seminary.

Our District Mission Coordinator Melissa Fretwell:



I've been blessed by hearing stories of the ways each of you connect in your communities, in the nation, and internationally. The Harrisonburg District of the United Methodist Church is connecting in beautiful ways.

Crossing the threshold is not easy. Stepping into a new space is not easy. Being with strangers is not easy. It takes vulnerability. It is not easy to be the first one to say, "I love you." It is not easy to show up in a new space. It is not easy to invest in relationships that might not work out. Vulnerability is hard.

On a recent Sunday morning I found myself at a new threshold. In a new space. With new people. I found myself at a woman's shelter in Luray with five women I had never met. Four women from Page UMC and one woman at the shelter. We joined together in a small room listening to God's voice in the story of the woman at the well. The woman at the well was not 'cool' and did not fit in her community. The woman at the well had to go 'shopping' at the hottest time of the day so that others would not see her. Yet Jesus saw her. Jesus connected with her. Jesus offered her compassion.

During the conversation at the shelter, all five voices were heard. Everyone stepped across the threshold of security into vulnerable spaces. Each shared from her heart. The lady at the shelter taught us about courage, compassion, and connection. She told us her story with her whole heart in an authentic life giving way.

In that time together I believe we recognized we are imperfect, wired to struggle, but we are worthy of love and belonging.

May God's love give us the courage, the compassion, and the connection to be vulnerable so that we may experience joy, love, and belonging.

For more information on vulnerability, I encourage you to visit Brene' Brown's video, The Power of Vulnerability. . . http://www.ted.com/talks/brene_brown_on_vulnerability.html

This is a new section for the monthly Harrisonburg District Newsletter:

Tell me a story of the Good News of Jesus Christ. . .

Last December one of the members of McGaheysville UMC asked me if I knew anyone who needed a stove. At the time I did not, so I told her to put it in the youth shelter and I would ask folks who came to the next Clothes Closet. Well I forgot to ask, so the stove sat there for another week or two. I just happened to be at the church when the secretary got a call from a lady asking if we knew anywhere her disabled daughter could get a stove, she had been renting one and gotten behind in her payments and it was taken away. That is when a light bulb clicked in. The lady knew men with a truck who worked in our direction and she got them to pick the stove up that evening. The daughter called to thank us and tell us she had just fixed dinner for her children on the new stove. A week before Christmas the grandmother called again and asked if we helped with clothing for Christmas, her granddaughters were middle school age. We responded and took new and used clothing to them. They lived about an hour from our church. When we finally found the house it was very meager and it made our hearts sink. We were warmly welcomed, shown the stove and we were overwhelmed by the presence of the Holy Spirit and how God had used all involved in the stove process to answer someone's prayers and fill their need. God knew where the stove was to go and we and our church were humbled to be part of God's plan.

Artie Frederick, McGaheysville



Some questions for reflections
How did people enter into this story? Where do you see transformation in this story? Where do you feel God's resurrection hope?

Melissa Fretwell,
(540) 271-2078, melissaifretwell@gmail.com

District Opportunities



District United Methodist Men News! As I looked out my window last week, I saw the activity as 4200 new freshmen moved into JMU - 4200 confused, lost freshmen. Fortunately, JMU had provided guides to tell them where to go. These guides even helped carry their dorm refrigerators up the steps to their rooms and over-all, things went smoothly.

Like those freshmen, we often need guides to help us as we journey through life. Like excited two year olds, we charge ahead without a care and then find out we need help. The good news is that God is watching and is willing to provide the needed help. I need your help now. I need you to attend the **District UMMen Fall Rally on September 17, 6:30 p.m., at Furnace UMC**. Melissa Fretwell will present the message. I need you to bring a friend of two and help make this meeting a huge success. Contact me by e-mail (devoretc@jmu.edu), phone (540-433-8086), or by mail (319 Sixth Street, Harrisonburg, VA. 22802) for tickets (still only \$12.00). See you at Furnace UMC!

2013 UMM Spiritual Retreat, United Methodist Assembly Center, Blackstone, Va, November 1-3, 2013:

The retreat leader will be Tom Berlin and the topic will be "Profiles in Courage." The cost for registration, two nights lodging and six meals is \$180 if postmarked by September 30. For the athletic, there will be a golf outing and horseshoe tournament on November 1. There was also a 5K run/walk and a corn hole tournament last year and I anticipate both will occur this year. You can also visit the hundreds of scouts who will be camping on the grounds. For more information, see <http://www.vacumm.org/retreat/>

Tom DeVore, District UMMen President



The Mission Encounter School in July was great. You will be hearing more about the classes the first of the year. Our **Prayer Breakfast** is Saturday, **September 21, at 9:00 a.m. at Dayton UMC**. Cost is \$10.00. If you have not received a registration form, please let me know. Our speaker is Stephanie Kimec, Associate Pastor at New Creation UMC in Chesapeake.

Mark your calendars for **October 10** for our **Annual Meeting at Otterbein UMC at 7:00**. Plans and the budget for 2014 will be finalized and approved. We have some exciting things happening in 2014. If you do not have a unit and would like to form one, contact us. We will be glad to meet with you and discuss it. Also, let us know how we may help you with any questions you have. If we don't know the answer, we will find it.

Phyllis Foltz, District UMW President



Lay Servants Training will be held on **Saturday, September 28, Manor Memorial UMC-New Market, 9:00 - 5:00 p.m.** Classes offered: "Discovering Your Spiritual Gifts" - Instructor Glen Langston; "Transforming Evangelism" - Bob Talbott; and "Life Together in The United Methodist Connection" (UM Polity) - Tommy Herndon and Rodney Bussard. The Basic Course will be taught by Bruce Johnson. Cost is \$15.00 for materials, snacks, and lunch, payable on day of class. Registration requested by September 20th to Dale Dodrill, District Director of Lay Servants Ministry, 828-3925, or hdumc.layservants@hotmail.com

All Lay Servants are invited to a **Lay Servants Appreciation Dinner on Thursday, November 7, 6:30 p.m. at Sunset Drive UMC in Broadway**. Reservations are requested by October 5th to Dale Dodrill, District Director of Lay Servants at the information listed above.

Dale Dodrill, District Lay Servants Director



Early Response Team Recertification Class for all current Early Response Team members that are nearing the three year deadline for expiration. The class will be held on **Saturday, October 12** (note change of date) at **Vision of Hope UMC from 8:00 a.m. until 12:00 noon**. There is no charge. The UMVIM team leader training will be held at VOH on September 28.

Bill Lalla, District Disaster Response Team



UMVIM Team Leader Training to be held in Harrisonburg! The Harrisonburg District really has a heart for missions. Many churches on the district have been taking teams to other states and even other countries. Here is an opportunity to get more leaders trained without having to leave the district for training. We hope every church on the district will have at least one member UMVIM Team Leader!

A Virginia Conference United Methodist Volunteers In Mission (UMVIM) Team Leader Training Event will be held on **Saturday, September 28, 2013, at Vision of Hope UMC, 1723 Port Republic Road, Harrisonburg, VA 22801.** Each training session will be from **9:30 a.m. to 3:30 p.m.** with registration beginning at 8:45 a.m. Team Leader Training is required for all first time team leaders, but all interested persons are welcome to attend whether leading a team or not. **All participants must pre-register by 12:00 noon, Monday, September 23.** There is a \$55 registration fee for each participant. Registration is available on line: go to www.vaumc.org and click on conference calendar, select September and click on date. Registration information is listed.



Wounded Hearts—Healing Love Spiritual Retreat will be hosted at **Blessings Lodge on November 29-December 1.** This is a special retreat for those who are single again from divorce, separation, or death of a spouse. You may know of someone who may benefit from this spiritual retreat and perhaps your church can sponsor that person. The leadership team for this event will be in training and prayer at Manor Memorial UMC in New Market in the early fall. For more information call Overlook Retreat & Camp Ministries at 540-269-2267.



RISE Mac and Cheese Off, Sunday, September 15, 5:00 p.m. Start your ovens. . .the RISE Mac and Cheese Off is coming soon! This year’s event will include a celebrity chef competition, featuring mac and cheese from some of your favorite local businesses AND an amateur competition. We are looking for people of all ages to enter with their favorite mac and cheese recipe AND those willing to sample and judge all of the yummy entries. Please contact us at riseharrisonburg@gmail.com for more information. We hope to see you there! *Rev. Amanda Garber, RISE*



*Just a closer walk with Christ? Would you like to be part of a small group of people with whom you can share questions of faith? If you desire to bring a deeper dimension to your faith, we invite you to **Companions in Christ**. This fall we will focus on different forms and styles of prayer as we grow together in our faith in God.*

Time: Wednesdays, September 18 - November 13 (excluding September 25th); 9:30 -11:00 a.m.

Place: Verona UMC

Leader: Susan Allen; for more information or to sign up, call 540-885-4829 or jsallen3002@comcast.net or Verona UMC, 540-248-7777

Cost: Approximately \$8.00 for study book, *Deepening Our Prayer, the Heart of Christ* by Adele Gonzalez

Time commitment: Weekly meetings and daily readings and reflections

Topics: Introduction to spiritual practices, sacred reading (lectio divina), prayer & the character of God, impediments to prayer, petition and intercession, praying as we are, praying the Psalms, and contemplative Christian prayer.

Bob Weeks, Verona UMC

September District Charge Conferences -Tommy Herndon, District Superintendent

September 16	Monday	7:00 p.m.	Mt. Pisgah Charge Conference
September 18	Wednesday	7:00 p.m.	Mt. Crawford Charge Conference @ Mt. Sidney
September 22	Sunday		PULPIT EXCHANGE
September 23	Monday	7:00 p.m.	Keezletown Charge Conference
September 24	Tuesday	7:00 p.m.	Mt. Tabor Charge Conference
September 26	Thursday	7:00 p.m.	Cedar Grove Charge Conference
September 30	Monday	7:00 p.m.	Fellowship-Linville-Edom Charge Conference @ Fellowship



September 2 (Monday) - VUMCenter-Glen Allen and District Office closed for Labor Day Observance

September 5 (Thursday) - District Trustees & Committee on Superintendency Joint Meeting, Dayton UMC, 7:00 p.m.

September 16 (Monday) - **November 26** (Tuesday) - Local Church Charge Conferences

September 17 (Tuesday) - District UMMen's Fall Rally & Dinner, Furnace UMC, 6:30 p.m.*

September 19 (Thursday) - DCOM Faith Development Ministry Team, Manor Memorial UMC, 7:00 p.m.*

September 21 (Saturday) - District UMWomen's Prayer Breakfast, Dayton UMC, 9:00 a.m.*

September 22 (Sunday) - **District Pulpit Exchange***

September 28 (Saturday) - Lay Servants Training, Manor Memorial UMC-New Market, 9:00 a.m. - 5:00 p.m.*

September 28 (Saturday) - UVMIM Team Leader Training Event, Vision of Hope UMC, 9:30 a.m. - 3:30 p.m.

October 7 (Monday) - Partners in Ministry, Mt. Tabor UMC, 9:00 a.m.*

October 9 (Wednesday) - Book Study, Manor Memorial UMC-New Market, 2:00 p.m.*

October 10 (Thursday) - DUMW Annual Meeting, Otterbein UMC, 7:00 p.m.

October 17 (Thursday) - DCOM Faith Development Ministry Team, Asbury UMC, 7:00 p.m.

November 5 (Tuesday) - Bishop Cho at Eastern Mennonite Seminary

November 7 (Thursday) - Lay Servants Dinner, Sunset Drive UMC-Broadway, 6:30 p.m.

November 11 (Monday) - DCOM Mission & Outreach Ministry Team, Vision of Hope UMC, 7:00 p.m.

November 14 (Thursday) - District Council on Ministry, Asbury UMC, 7:00 p.m.

November 17 (Sunday) - District Conference, Manor Memorial UMC-New Market, 2:30 p.m.

November 18 (Monday) - Partners in Ministry, Vision of Hope UMC, 9:00 a.m.

November 27 (Wednesday) - VUMCenter-Glen Allen & District Office closes at 1:00 p.m. for Thanksgiving Holiday

November 28 & 29 (Thursday & Friday) VUMCenter-Glen Allen & Harrisonburg District Office closed for Thanksgiving Holiday.

**Denotes related article elsewhere in this newsletter*

The District Council on Ministries Executive Committee last meeting for 2013 is on **November 14, 7:00 p.m.**, at **Asbury UMC**. Please see information on the Ministry Teams below. *Bob Talbott, Chairperson*



Faith Development Ministry Team: Our meeting schedule for the remainder of this year is as follows: **September 19; and October 17**. All meetings begin at **7:00 p.m.** Team members are: Linda Conrad, Dale Dodrill, Becky Downey, Susan Michie-Bent, Tom Murphy, Kevin Poeckert, Ron Robey, and Carrie Talbott.

The Harrisonburg UMC District Faith Development Team held a meeting on July 18, 2013 at St. James UMC to begin planning for our **Annual District Conference** to be held at **Manor Memorial UMC on November 17, 2013**. Our Keynote Speaker will be Dr. James M. "Mickey" Efird, Professor Emeritus at Duke Divinity School. We will be sharing more about Dr. Efird in next month's newsletter.

Our next event will be the **District Pulpit Exchange**. This will be held in churches across the district on **Sunday, September 22, 2013**. Clergy assignments have been made.

The next meeting of the Faith Development Team will be **Thursday, September 19, 2013** at **Manor Memorial UMC**. Our last meeting for this calendar year will be **October 17, 2013, 7:00 p.m.** PLEASE NOTE: This meeting will be held at **St. James UMC**. *Carrie Talbott, Team Leader*



Mission and Outreach Ministry Team: The final meeting for 2013 will be **November 11**, held at **Vision of Hope UMC**. Team members are: Sandra Burks, Artie Frederick, Melissa Fretwell, Louise Jennings, Bill Lalla, Sheila Orndorff, Mary Jane Rawley, Valerie Ritter, Delores Reid, and Lydia Weeks

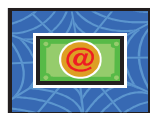
Harrisonburg District Mission Trip, October 27-November 2! Who are the Lumbees? The 55,000 members of the Lumbee Tribe of North Carolina live primarily in a four county region where they have resided since the 1700s. They are the largest tribe east of the Mississippi River. The summer of 2012 saw more than 80 persons from the Harrisonburg District helping out with home and building repairs, and other ministries. Join our District team to continue the work! All jobs and supplies needed will be arranged in advance. Pastors, there may be one or two persons in your church that are feeling called to missions but are not able to organize an entire team for a trip. Encourage them to sign up for this District sponsored trip! Contact Lydia Weeks, 540-886-1460, e-mail: Lydspot@yahoo.com or Valerie Ritter, 540-896-3424, or e-mail: vwr@gmail.com if you have questions. *Lydia Weeks, Team Leader*





Kingsway Prison & Family Outreach is busy working with returning citizens and can use volunteer help. We are also looking for women and men willing to write to inmates through our Encourager Program. It is a safe way to share with those desiring to learn about Jesus. We are collecting of toothpaste, note pads, chapstick and pencils for Christmas. We would like to have these items in our Duke's Plaza S. Main Street location by October 15. If you have not signed up to be an Apple Tree Church (gifts for children) please contact us at kingsway-outreach@hotmail

Louise Jennings, Director



Please take a look at our Harrisonburg District website:

www.harrisonburgdistrict.org for the latest events around the district.

*Rev. Robert Berghuis,
District Webmaster*



Pastors, please make copies of the monthly issues of the district newsletter and have them available to your parishioners who do not receive the newsletter by electronic mail. Thank you!



DISTRICT NEWS
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The United Methodist Church

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Are you a registered nurse and interested in becoming more active and involved in your church and community? Faith Community Nursing provides an opportunity for this. Eastern Mennonite University continues to provide on line classes and if there is enough interest will also offer faith community nursing classes in the university classroom. Cost for EMU is \$400. Shenandoah University is also providing classes. You can check on line at both university sites or contact Doris Reid at 540-383-6112 or dreid515@aol.com Financial assistance may be available.

If you are a licensed practical nurse, health professional, counselor or a lay person interested in the health issues of your congregation, you may be the person to learn more about Church Health Promotion. This is a new way of helping meet the health needs of the church congregation by learning about health issues and helping plan healthier lifestyles and becoming aware of health resources.

Contact Delores Reid RN FCN at dried515@aol.com or 540-383-6112 if you are interested in learning more about these programs or have questions about either opportunity.



Lighthouse has had a busy month! We provided hot lunches three days a week this summer. Our volunteers preparing meals came from the following churches: McGaheysville, Asbury, Otterbein, and Furnace. We could not have provided these meals without these dedicated volunteers. Thank you ALL!

The number of children in our Pre-K fall program has increased. We could really use volunteers who are be willing to do some in depth cleaning and/or painting. If you can wash baseboards, window seals or shampoo carpet that would help us greatly. We have a shampoo machine here at the Center. We will continue to do our Angel Tree Project for Christmas this year. If you would like to buy for a single child or children, call or e-mail us. Also, we are focusing on providing meals at Thanksgiving and Christmas to some families. We will need 1/2 hams, turkey or turkey breast, stuffing, can vegetables, tea bags, kool-aid, canned gravy and cash donations for perishables. If you could help us out or know someone that works at a facility that might donate some of these things, please send us contact information. You may call us at 540-298-5309 or e-mail us at Light-house4kidzz@aol.com

One last request: if anyone or any groups would like to volunteer 2 hours during our quiet time on Tuesday-Wednesday or Thursday from 1:00- 3:00 p.m., either one of these days, every week or every two weeks, we would like to have a Bible Study with staff and other necessary meetings while the children are resting/napping. If you would like to visit Lighthouse and see firsthand the opportunity that God is sanctioning for us to introduce a seed in the lives of children and their families. Call and plan to visit our Center.