

Oak Leaves

*Newsletter of Oakton United Methodist Church
"The Friendly Church on the Corner"*

November 2011



2951 Chain Bridge Road Oakton, VA 22124
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WWW.OAKTONUMC.ORG

FROM THE PASTOR'S DESK – November 2011

During the month of November, we typically start thinking about giving thanks and giving and receiving as we anticipate the holidays. Giving can become one of the greatest joys of your life. One of the highest forms of giving is giving to people that you do not know, and will probably never meet. When you think about this quiet, silent gift that you are giving, it gives you great joy to be a part of something bigger than yourself. What a blessing it is to make a difference in another's life that you do not know.

As you think about Thanksgiving and giving Christmas presents, consider that there is a biblical principle of giving. It is best illustrated by a pump on a farmer's well. In order to make that pump work giving you fresh, cool, continuous water, you must prime the pump by giving to the pump first. You pour water down the pump first. If you do not give first to the pump, you will exhaust yourself pumping the handle, trying in vain to make it work.

I read about a person who goes to the shopping mall with a roll of quarters and leaves four quarters at a time, on benches, in the walkway, and next to the fountains. He has also left dollar bills with little notes written on them. He writes: "I have been amazed at what finding four quarters will do for the average human. They light up, and they come alive. They show it to everyone around them in excitement, and even people that did not receive the gift receive the outpouring of joy from the receiver. It costs so little to give so much. Of course, I get much more in return, by secretly watching the joy on their faces, and partaking in it."

I read about a Minister of a church, who once had a millionaire give him over \$10,000, to secretly give to certain people within the congregation. Even though the pastor was not the giver, he wrote that being a part of the giving action was one of the happiest Christmases that he has ever experienced.

Job 29:24 in *The Message* reads: "When I smiled at them, they could hardly believe it; their faces lit up, their troubles took wing!"

Everyone can afford to give a smile, and in turn, everyone can receive God's blessings for doing so. I'm suggesting a technique that costs no money. I encourage you to dedicate one day this month, to practice giving, by giving away smiles. This is a day in which you agree to send forth God's blessings by smiling at every person you meet. By being a smiling giver, you will receive smiles everywhere. Whether given to a stranger, friend, or loved one, a smile is a gift of love. Smiles are contagious. Smiles can be loving attention, encouragement, and friendliness. Smiles are silent gifts of understanding, kindness, and good humor. Smiles can be the open door for communication, so be willing to take the extra time speaking with smiling words to your new friend.

Your smiles are welcomed gifts that you give as we wait in line with others – welcomed gifts as you listen, or talk to others. When you smile, you lighten stressful situations, ease burdens, and express God's love from within. When you smile, you give visual hugs that wrap others in love and tender care. Daily, you are given endless opportunities to bestow the loving gifts of your smiles. Freely given to friends and strangers alike, your smiles bring many blessings – some so profound that they have the power to turn a person's day around, or even their life. Your smiles are gifts of love that bless those who receive them. Your smile is wanted and needed, right now, by someone close to you. Your smiles are gifts of love that will return blessings to you in untold ways. I encourage you to try one, or all, of these techniques, and perhaps you will adopt them as your own secret practice.

May God smile upon you and may you have a blessed Thanksgiving holiday.

Pastor Don



Your Help is Needed

As you know, we have had to abandon our traditional Sunday School program on Sunday mornings, and instead have merged the program with Gateways to form Children's Church. Children's Church is currently our only SS program, and it's held during the 10:55 Worship Service.

We would love to have both programs again; Children's SS at 9:45 and then Gateways during Church, but we need more volunteers to successfully run both programs. We will not begin having Sunday School earlier in the morning, until we have enough teachers/volunteers come forward.

I am currently looking for the following volunteers. If you are not already helping in some way, please consider helping now.

Volunteers needed:

Sunday School Coordinator - Take charge of ordering materials, opening up the rooms, turning the heat/ac on, etc. This job could be shared. The time commitment would be every Sunday from about 9:20 until 10:55.

At least 4 teachers to teach the two age levels each Sunday. Until the program experiences some growth, we will have 2 age groups - preschool and elementary levels. You would be needed from about 9:30-10:45 each Sunday. We also need substitute volunteers to fill in when needed.

Our Children's Church program always needs additional volunteers. The more people that can help, the less often each person is scheduled. Tracy Seymour is in charge of volunteers for Children's Church, so either contact me or Tracy to volunteer to help during the 10:55 service.

If you are able, please consider helping out with these two vital Christian Education programs. Thank you.

Lois Hidalgo, Nurturing Chair
ldhida@verizon.net



God Works Through Facebook

Jesus looked at them and said, "With man this is impossible, but with God all things are possible." Matthew 19:26 NIV

I am convinced that there is no such thing as a coincidence: that a coincidence is God acting anonymously. One of our Lamb Center guests, Ronald (real names are not used), is in his early 30s and has been struggling with addiction since he was a teenager and has never been able to string together any period of sobriety. Almost two months ago, Ronald was sitting at our morning Bible Study when he felt very sick. He decided to find a place outside to lie down, and as he was crossing the street, he passed out and his face hit the pavement. The bleeding from his face seemed bad but the real problem was the bleeding in his esophagus. Had Ronald made it into the woods to lie down, he most likely would have bled to death. Ronald discovered later that they had to resuscitate him while he was in the hospital.

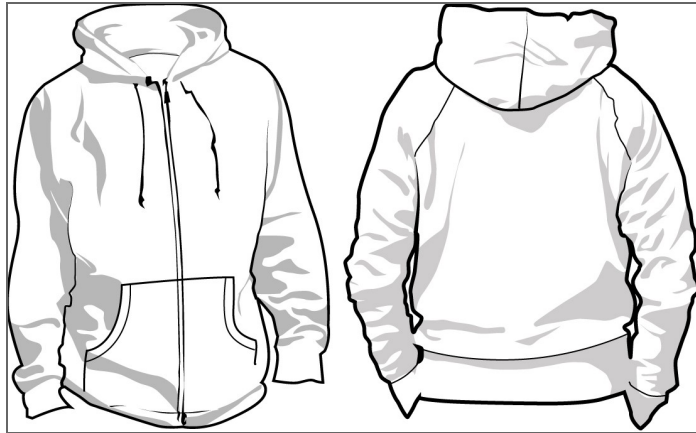
When Ronald's mother in New Jersey learned about her son's health, she was naturally concerned. She contacted the Lamb Center asking about his condition and before long, I was contacted by his sister and aunt as well. Ronald stayed in Fairfax Hospital for a week and was then transferred to a medical respite bed at the Embry Rucker Shelter in Reston. Ronald had been at Embry Rucker slightly over a month when he came to the Lamb Center to show us his "30 day" chip since he was celebrating one month of sobriety. He stated this was the longest he had been sober on his own. About two weeks later, Ronald called me to tell me of an unbelievable call he had received.

Ronald last had contact with his father when he was three years old so he had no memory of him. When Ronald was in the hospital, his mother contacted Ronald's uncle to let him know about Ronald's condition. Ronald was contacted by his uncle through Facebook and this led to his father connecting with him as well. Ronald discovered he had inherited his alcoholic genes from his father and that his father had been sober for five years. After a long conversation, Ronald's father invited him to move to South Carolina with him. Ronald called me to ask for my advice regarding this invitation but I could tell that Ronald had a heart of forgiveness and understanding for his father. Ronald's father told him that he was also working on making amends to his mother.

Last Friday and Saturday mornings, we had special going away Bible Studies for Ronald, who had spent many hours at the table learning, questioning and growing. His father was going to pick him up after closing on Saturday, and Ronald admitted to having a stomach full of butterflies. I assured him that his father probably felt the same way as he made his way north to Virginia. On Wednesday morning, Ronald called me from South Carolina. He was attending Bible Study reading 1 John and he had a question. That morning, our Bible Study also happened to be on 1 John. Was this all a coincidence?

OUTREACH - Coats for the Homeless

The Outreach Committee will be collecting gently-used men's and women's coats. This will be during the period October 30 through November 13. The coats should be in good condition and clean. **NO NEW COATS, PLEASE.** We will also be collecting gently used sweat shirts with hoods (hoodies) for the same group. This is the group from the Lamb Center for whom we provided food and served the Faith-in-Action lunch. Donations may be deposited in the box in the narthex marked "Coats for Homeless." Thank you for your support.



Arlington District United Methodist Women

Advent Event

Saturday November 19th, 2011

9:00AM

The theme of the Advent event will be 'Radical Hospitality'.

We will be examining practices that force people away from their rightful place at God's banquet table, and committing to be stewards of the earth.

All women of the United Methodist Church are welcome and invited to attend, whether or not a member of a local unit.

Oakton UMC

Young Adult Founders Group

The Oakton United Methodist Young Adult Founders group (OUM-YAF) welcomes any person attending church services who is in their 20s - 50s. Childcare is usually available on site at the Potluck dinners or events.

Our group goal is to provide the "younger" adult community within Oakton UMC, a safe social environment to facilitate the development and strengthening of their bonds of Christian fellowship with one another. OUM-YAF is an opportunity to gather and share with others who are called to grow in Christ by breaking bread together, prayer, worship, recreational activities, and service of our gifts and talents for the good of the church and community.

OUM-YAF usually meets once a month. However it fluctuates, so Please see weekly bulletins for more precise schedule information. Also group members can view the calendar from our home page: <http://groups.yahoo.com/group/OUMCYoungAdultFounders>.

To join please email a request with name(s), address, and phone number(s) to oumc@oaktonumc.org requesting to be added to our group.

YAF Potluck @ Deege Home

Date: Saturday November 12, 2011

Time: 6:30 pm - 10:30 pm

Location: Home of Bryan & Karen Deege

Street: 2584 Vintage Crest Lane

City/State/Zip: Oakton, VA 22124

Phone: 703-758-0020

Please bring a dish to share. Also Be kind & RSVP with a child headcount, to ensure we have enough supervision on hand for everyone, either by phone or kdeege@yahoo.com. Please try to remember your spare change for the "Pennies for Change jar"! **Please use CAUTION & Watch for DEER Crossing without prior WARNING** and NOTE: since their home is newer, you may not be able to mapquest /RandMcNally - for directions, but you can for this address which is across the street from their home: 11307 Stuart Mill Rd Oakton, VA

Special November Fellowship Time

Family Ministries is planning to pay a special tribute to all our Senior Members during our 3rd Sunday fellowship social time on November 20. This will not be a long program, but one of fun and respect for our seniors aged 85 and older - Men and Women. Everyone please take a few minutes to join us and have refreshments. Promise to get everyone out in time for the football game - or most of it!

Bi-District Training Day

We hope you will join us on January 7, 2012 for our bigger, bolder, TURBO-CHARGED Bi-District Training Day to be held at Floris United Methodist Church in Herndon. For more details, we invite you to check out our website, where there are four pages' worth of Bi-District Training Day information for you to browse.

Registration opened Sat., Oct. 15 – register early on-line with your credit card to get your first choice of workshops. Click here for more information: <http://www.novaumc.org/registration.html>

Angel Tree.

The Worship committee has decided to do the angel tree again this year. Like last year, members of the congregation can purchase an angel in honor of, in memory of, in appreciation of, etc. A flyer will be placed in the bulletin listing all of the donors. Working with FACETS, the money collected from this will go to purchase food for a needy family/families in our church community and make their holidays a little brighter. Order forms will be placed in the bulletin starting next Sunday, November 13, and running until Sunday, December 11, 2011.

Also, this year we will be sharing our tree with the Outreach Committee who will be working with Our Daily Bread. As they did last year, they will have ornaments with children names and ages for you to select and shop for Christmas gifts or buy food gift cards for the family. If you have any questions, call Marge Javins, 703-281-3444 or Elsie Benson, 703-378-7642

Feed A Child Campaign

It is an opportunity to support the children at the Child Rescue Centre and the nutrition programs at Mercy Hospital in Bo, Sierra Leone. One in three children under the age of five is malnourished in Sierra Leone. Children who are malnourished suffer greatly and are at greater risk for disease and infection. You can make a difference by supporting this campaign which will provide children with life-saving sustenance which makes learning easier and builds the foundation for stronger, more successful young adults. Are you interested in wearing the trendiest shirt and sunglasses on the block? To purchase the Feed a Child t-shirt (\$15.) and sunglasses (\$5.), see Paul Ellis or call him at 703-476-1127. Even a small gift goes a long way in Sierra Leone where people live on \$2. a day.

And Where Exactly Does All That Money Go?



Part 5 of a Series on How Our Apportionment Helps Ministry Happen Around the World and Across Virginia

(This article originally written by Pastor David Hindman of the Duncan Memorial UM Church in Ashland with changes added by your Oak Leaves editors.)

Active Clergy Health Benefits provides our congregation's support both for the future pension needs of our Oakton UMC appointed clergy, Pastor Don (in addition to OUMC's contributions to his pension, Pastor Don can also make personal contributions to his pensions), as well as providing our fair share of support to the overall health care costs of all active clergy in the Virginia Conference.

The Retired Clergy Health/Pensions apportionment provides funding for health care for our retired clergy and an unfunded liability for the pension needs of retired clergy in the Virginia Conference. It is worth noting that these two apportionments comprise nearly half the total apportionments for Oakton United Methodist. This is due in part to rising health costs and the fact that we are a larger congregation in the Virginia Conference and so have larger financial obligations to the overall ministry of the Conference. These costs are a concern to the Conference as a whole and are an aspect of financial need that the Conference is seeking to address responsibly.

November Birthdays at OUMC

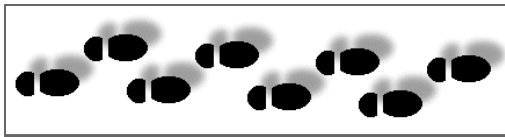


11/02 Robin Hutchens
11/05 Kimberly Cicio
11/05 Jennifer Whitehead
11/06 Rex Turner
11/07 Melanie Rowley
11/08 Deborah Thorpe
11/08 Addison Reiter
11/09 Justin Thorpe
11/10 Marilyn Kolb
11/10 Kevin McDonald
11/11 Leanne Kibler
11/12 Gerald Bee
11/14 Charlotte Lahar
11/15 Wanda Kirkpatrick
11/15 Patricia McClenny
11/16 Jerry Bee
11/18 Benjamin Clayton
11/20 Emily Hoover
11/22 David Taylor
11/25 Charity Reiter
11/25 Samantha Fields
11/25 Ellie Danley
11/26 Christine McGown
11/27 Bill Gamble
11/28 Beth Dearing
11/29 Jane Brewer
11/30 Anna Hartzell
11/30 Heather Sims
11/30 Blake Butler
11/30 Graydon Grizzel

If we missed your special day, please call the Church Office at 703-938-1234 or email oumc@oaktonumc.org and let us know.

Participants Needed for the CROP Walk on November 13

Vienna Presbyterian called the church office wanting to know if Oakton church would like to join with other churches in the Vienna/Oakton area and participate in the CROP walk on November 13. As reported on the web site www.viennacropwalk.org, this is a walk to help stop hunger. For the 7th year Vienna's faithful and caring walkers will pound the pavement together at the annual CROP (Communities Responding to Overcome Poverty) Walk sponsored by Church World Service. You can get more information about the CROP walk on the web site. Then, please give Sue Hamblin a call at Vienna Presbyterian. Her number is 703-938-9050.



BLUEGRASS MINISTRY



OUMC United Methodist Men invite everyone for fellowship and a fun filled evening on Tuesday, November 15th from 7:00 PM to 9:00PM to sing along with your favorite bluegrass and gospel songs in the Chapel. Family Ministries will host light refreshments at the break. Please grab your fiddle, banjo, dobro, neighbor, cousin . . . whatever and join the fun!!!

Oakton Christian PreSchool

Oakton Christian Preschool welcomed the fall season with a nature walk. Each class collected leaves and acorns. During Fire Safety Week, we were visited by Firefighters who showed us a Fire Truck. We learned about pumpkins as we got ready for Halloween. We enjoyed dressing up in costumes and our class parties at the end of the month. Our excess candy will be included in our "Candy for Soldiers" project.

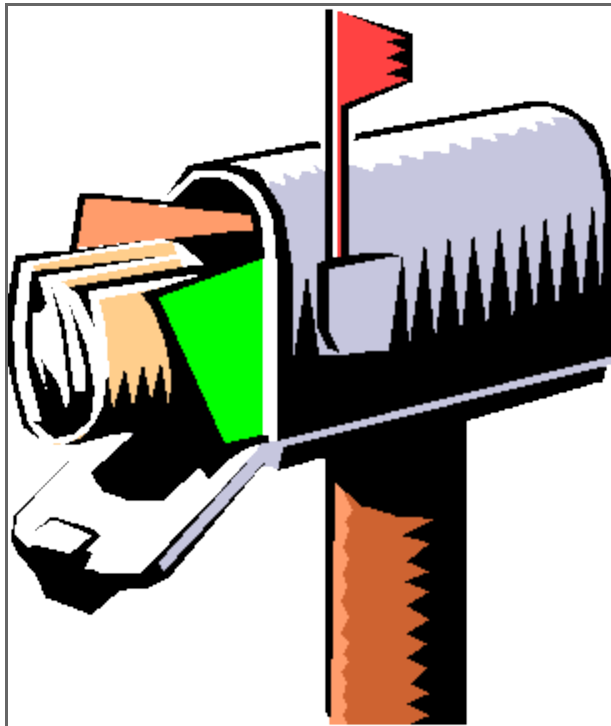


Email List of the Church Family

As most of you know, emails are sent to the church family for a variety of reasons. This includes providing updated information regarding church activities; notifications of upcoming events to those who may have missed attending a Sunday service; and, most importantly, when services or activities are canceled due to inclement weather or other factors. We have recently noted a few church members have changed their email addresses and neglected to notify the church of their new addresses. By checking your entry in the church directory, you may confirm which email address is listed for you. Additionally, we ask that new church members provide us with their email address(es) so as to benefit from the notices. You may provide your email addresses to Jim McGilvray at home phone, 703-264-0383, or email mcgilvrayj@aol.com.

Church Mailbox

Do you have a church mailbox? If so, when is the last time you checked it? Some people check them daily, some weekly, and some ??? If you don't know if you have one, please check the box outside of the entrance door to the choir loft. You might be surprised.



Suggestions for Honoring God's Creation

FOOD



For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in.

MATTHEW 25:35, NIV

10 Ways to Start

1. **Buy Local.** When you support local co-ops, farmers' markets, and Community Supported Agriculture (CSAs), you reduce the distance your food migrates and the amount of fuel and packaging it takes to feed your family.
2. **Shop Seasonally.** Enjoy sweet corn in the summer, apples in the fall, and citrus in the winter. Not only will the fruits and vegetables be fresher when you buy what's in season, you'll also support local economies and reduce harmful emissions.
3. **Eat Less Meat.** More than 90 percent of meat purchased in the United States is factory farmed. Factory-farmed meat is harmful to the planet, unkind to God's creatures, and full of unhealthy antibiotics, hormones, and bacteria.
4. **Compost.** Reduce your waste by composting food scraps in the backyard.
5. **Filter.** Stop drinking bottled water and buy a filter instead.
6. **Pre-cycle.** Pay attention to food packaging. "Pre-cycle" by purchasing food with minimal packaging and avoiding individually wrapped items.
7. **Bag It.** Bring your own cloth bags to the grocery store.
8. **Eat at Home.** Cooking at home does not have to be difficult or time consuming, and the payoff is big: fresh ingredients, less processed food, healthier eating habits, and more time together as a family.
9. **Share.** Get in the practice of inviting others to your table to share your food.
10. **Pray.** Say a prayer before meals, not out of routine but out of genuine thankfulness.



More Tips

11. Read Matthew 15 to be reminded that Christ cares for our physical and nutritional needs.
12. Save leftovers instead of throwing them away, and eat them later.
13. Visit www.betterworldshopper.org to educate yourself about food companies that you should support.
14. Shop from a grocery list and avoid impulse purchases.

15. Increase your organic food purchases by at least 10 percent.
16. Purchase food in bulk.
17. Plant a vegetable garden and share the produce with others.
18. Find local sources for eggs, honey, meat, and produce. Check out www.localharvest.org for suggestions.
19. Abstain from a less-than-ecologically-sound food during Lent.
20. Avoid fast-food restaurants.
21. Learn about Concentrated Animal Feeding Operations (CAFO)'s and learn how to find meat that raised locally and ethically.
22. Cut back on sweets. Not only are they very unhealthy, but processed sugar is a major cause of type-2 diabetes.
23. Avoid the center aisles in grocery stores. This is where you find most processed foods. Instead purchase more "real food," on the outer aisles—meat, eggs, fruits, vegetables, etc.
24. Cut down on sodas. Drink more water instead.
25. Buy fair-trade coffee, nuts, oil, tea, chocolate, etc. "Fair trade" means that farmers are paid a fair living wage, that the work conditions are humane, and that employers are not destroying the environment for short-term gain. For more information visit www.fairtrade.net or www.transfairusa.org
26. Read Michael Pollan's *Omnivore's Dilemma*.
27. Avoid food packaged in containers that cannot be recycled.
28. Volunteer at a soup kitchen or food redistribution center.
29. Learn to say "no" to the expensive, unhealthy junk foods that are marketed to your children.
30. Use the most energy efficient appliance for the job. Toaster ovens and microwaves use less electricity than conventional ovens.
31. Don't preheat except when baking. Most dishes do not need it.
32. Make sure the flame from your gas stove is not larger than the pot or pan sitting on it.
33. Microwaves are 80% more efficient than traditional electric ovens. Save energy by precooking potatoes, carrots, and other vegetables in the microwave before putting them in the oven.
34. Use some of the money you save to help end hunger through church or charitable organizations.

Blessed Earth is an educational nonprofit that inspires and equips Christians to become better stewards of the earth. Through church, campus, and media outreach, we build bridges that promote measurable environmental change and meaningful spiritual growth.



www.BLESSEDEARTH.org

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November Events

United Methodist Women

- 8—Susanna Circle meets in the small hall at noon for pot luck lunch and program
- 12—Fellowship meets in the small hall at 8:30 a.m. for coffee and program
- 19—UMW Arlington District Advent Event in the large hall at 9:00 a.m. Breakfast and a program

United Methodist Men

- 19—UMM meet in the small hall at 8:00 a.m. for breakfast and a program

Staff Parish Relations Committee

- 9—Meet at 7:00 p.m. in the Music Center

Finance Committee

- 14—Meet at 7:30 p.m. in Room 11
- 17—Meet at 7:00 p.m. in the small hall

Church Council

- 17—Meet at 8:00 p.m. in the small hall

Hanging of the Greens

- 26—9:00 a.m. Joan Korn and Janet Phillips are coordinating. **Many hands make light work.** Please come out and help.

Advent

- 27—First Sunday in Advent

December Events

United Methodist Women

- 4—Christmas Tea for the Congregation at noon in the large hall
- 10—Fellowship meets in the small hall at 8:30 a.m. for coffee and program
- 13—Susanna Circle meets in the small hall at noon for pot luck lunch and program

United Methodist Men

- 17—UMM meet in the small hall at 8:00 a.m. for breakfast and a program

Staff Parish Relations Committee

- 7—Meet at 7:00 p.m. in the Music Center

Charge Conference

- 8—The Charge Conference will be held at 7:30 p.m. in the Sanctuary

December Events

(continued)

Church Council

14—Meet at 7:30 p.m. in the small hall

Christmas Eve

24—5:00 p.m. Christmas Eve Service for Children in the Sanctuary

7:30 p.m. Christmas Eve Early Service in the Sanctuary

11:00 p.m. Christmas Eve Late Service in the Sanctuary

Christmas

25—There will be one service held at 10:00 a.m. in the Sanctuary

New Year's Day

1—There will be one service held at 10:00 a.m. in the Sanctuary

Oakton United Methodist Church
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