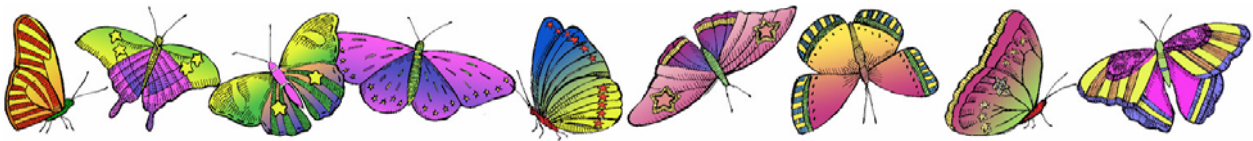




# WESLEY FAMILY NEWS

August 2009

Wesley United Methodist Church 8412 Richmond Avenue, Alexandria, VA 22309-2328



## The Speed of Butterfly

The idea came to me as I thought about my return trip to Alexandria from Berryville. Why don't I stop by Sky Meadows State Park? Just to check it out and see what was there. The park is spread across the first ridge and slope of the Blue Ridge Mountains, just south of Ashby gap. The Appalachian Trail goes across the park at its highest. So I did.

I decided as I scoped things out that I would walk the Piedmont View Trail. It didn't look too long. So I did. Things started off pleasantly and smooth. Quicker than I would have wished I found myself climbing. These old knees and lungs didn't know what hit them. But I was determined to continue.

The trail was too interesting and new for me to turn away. I am glad I didn't. Here is why. As I tried to pace myself and manage more than a few feet at a time I started looking at the ground before me. I started to notice that a butterfly seemed to go right ahead of me, stopping every so often for a bit of clover pollen to eat. I started going the pace of the butterfly, moving ahead on the trail as it moved ahead, stopping when it did. If it chose to take a dancing excursion across the field, I stopped and watched it dance. When it returned (which it did 5 or 6 times) I would start again.

You know what happens when you go "At the Speed of Butterfly"? Well a

(Continued on Page 3)



## CHRIS JOHNSON — ONE YEAR LATER

**Chris Johnson** came to Wesley last June 22nd and our inspirational music has been in his hands for over a year now.

Born with a silver piano in his mouth in Windsor, VA, he and his three siblings kept their house full of music. Raised a real southern Baptist, he has been a church musician since he was 15 years old and has only missed eighteen Sunday's in all those years! Chris is energized by the city atmosphere and interesting people he meets in DC (he lives in Logan Circle). His main hobbies are biking, going to the gym, and cooking. (We also know firsthand that he's a whiz at floral arrangements). He dearly loves animals and is a genuine "people person." He says that "young people keep me young," so it's no surprise that Chris is an elementary school teacher. This fall he begins a new assignment teaching third grade in a public school in Georgetown. Behind the scenes here at Wesley, he works with Pastor Tony to choose music appropriate for the sermons and seasons.

As you already know, Chris also leads our choir and bell choir. A new season for each will begin in the fall and there is plenty of room for more members! No bell experience is necessary and one need not be an Ethel Merman to join the choir that starts up again the Monday following Labor Day. To get in on the fun, see Chris at church before or after the worship service.



Wesley Choir Season Begins  
In September ... Join us

*We invite you to  
come to a practice  
and see if one of the  
Choirs is for you!*

Continued from Page 1

couple of things. First you see lots of things you would never had seen if you were able to move faster. Here is a short list. At least 7 different butterfly species, 4 Red-Headed Woodpeckers, 5 Meadowlarks, one chipmunk, one shrew, one deer who was not terribly bothered by me. Secondly, you get to see a beautiful view spread out before you (or really, behind you) that makes it worth the trouble. Finally, for all the beauty and wonder you have enjoyed, you reach the top. You come as far as you needed to, without too much trouble, effort, and pain.

Small steps, taken over a time and a little slower have a way of getting you where you want to go. I was spent by the end of that hike (I did another mile of up and then 2 miles of down) but I had seen much by the end of the walk. The same is true for a church. We can never really get where we want to be without taking small

steps and sticking with our task and journey, and noticing what there is to see on the way. Many of us, including me, dream and have a vision of what might be possible if we as a church were to be at our very best. But we can never be what we dream, which is to be our very best, without taking the trip. And we can't take the trip at the speed which we would like. The way is hard. There are hazards, obstacles, and climbs we must make.

As we come to terms with a world that is very different than the one we lived in just 10 years ago, let us keep taking small positive steps toward being a church for this new and strange world we live in. For as God spoke to and was relevant in the past where ever we care to look, God is more relevant and present in this time and in our future.

*May you go  
"At the Speed of Butterfly",*

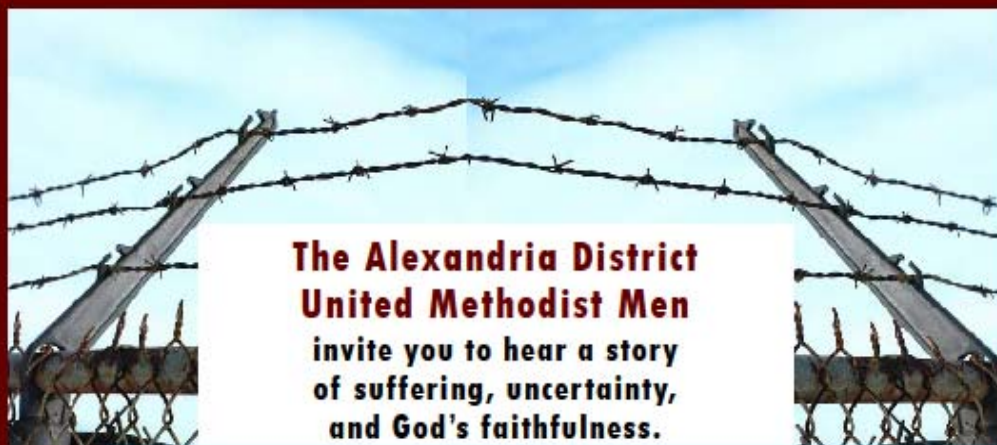
Yours in Christ, Pastor Tony

A memorial service for Martin Chase will be held on Thursday Evening August 6 at 7:00 PM at Wesley UMC.

There will be a reception after the service for folks to greet and extend their best to the family.

Light refreshments will be served.

If anyone has a remembrance of Martin's days at Wesley please share them with pastor Tony.



**The Alexandria District  
United Methodist Men**  
invite you to hear a story  
of suffering, uncertainty,  
and God's faithfulness.

**faith**  
*under adversity*

<p><b>Saturday, September 12, 2009</b> 8 AM - Join us for breakfast and a program by Red &amp; Dorothy McDaniel RSVP by Sept. 9 to Frank Esposito (francisesposito@msn.com) or Bud West (budwest681@hotmail.com)</p>	<p><b>Wesley United Methodist Church</b> Fellowship Hall 8412 Richmond Ave. Alexandria, VA (cross streets Mohawk La. &amp; Washington Ave. - NOT Richmond Highway)</p>
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**PLEASE BRING CANNED OR BOXED FOOD DONATIONS FOR RISING HOPE UMMC'S PANTRY**

**Alexandria District  
"All Things New"**

# Stewardship Training

Saturday, September 12, 1:00 - 4:00 PM  
Christ Church, 8285 Glen Eagles Lane, Fairfax Station

- This training is for anyone who is interested in building a successful stewardship program in local churches, pastors, finance and stewardship chairs, committee members, etc.
- Questions and RSVP's should be directed to Rev. Phyllis Earley, Alexandria District Program Coordinator (alexandriadistrict@novaumc.org or 703-820-7200)

**The Peaches Are Ripening!**

**You Are Invited**  
*To*

**Wesley United** 

**Methodist Church's**

**9th Annual Peach Festival**

**Saturday, August 8, 2009**

**11:00 a.m. to 3:00 p.m.**

**This is a family friendly fun event with:**

- Peach sundaes & desserts
- Large railroad and Lego display
- Moon Bounce and Dunk Tank
- Children's games and crafts
- Face painting
- Capitol Harmonica Club
- Dancers, singers, karaoke, martial arts demos
- Health Screening, Bicycle Brigade, Fire Trucks
- Many local community service organizations
- And of course hot dogs, hamburgers, snow cones, popcorn, peaches and produce.

**On the grounds of Wesley UMC  
8412 Richmond Avenue, Alexandria**

**BEST YET - IT IS ALL FREE!**



On **Saturday, August 29th** please join us for a night of fellowship, food and fun as we watch the movie "The Robe." The Robe is a 1953 biblical epic film that tells the story of a Roman military tribune who commands the unit that crucified Jesus.



On **Sunday, August 30th** the Harmonica Club will perform their special music during the worship service.



Do we have your Current mailing and/or email address?

If not, please contact the church office to make any changes.



Mark  
Your Calendar!

## Elisabeth Von Trapp

Performing at Wesley  
October 9 at 7:30 p.m.

For Elisabeth von Trapp, "the sounds of music" are part of her earliest memories. Born and raised in Vermont, Elisabeth is the granddaughter of the legendary Maria and Baron von Trapp, whose story inspired *The Sound of Music*. Singing professionally since childhood, Elisabeth has enthralled audiences from European cathedrals to Washington D.C.'s Kennedy Center. Inspired by her father Werner von Trapp's guitar playing and singing, Elisabeth has carried on the legacy of the internationally renowned Trapp Family Singers. She began taking piano lessons when she was eight and by the age of sixteen she was playing guitar and traveling the back roads of New England performing with her siblings at weddings, gospel meetings and town halls.



## Wesley PreSchool News

## Wesley Preschool and Kindergarten Open House

September 3, 2009 at  
11:00 a.m. - 12:00 p.m.

***School begins on September 8th 2009***

Because of our increase in capacity to 75 we have plenty of room for lots of new students! Please pass the word that we are registering for the fall now. We have a wonderful staff lined up and are anxiously awaiting September! Our mission is to be an educational ministry of the church with emphasis on teaching values that Jesus taught. And to be an outreach for the church with emphasis on reaching families with children and turning them to Jesus.

Registration fee is due immediately to secure a place in class. September tuition will be due on September 8th or 9th, 2009. Must have a completed School Health Physical on file by September 1, 2009.

*God Bless You!*

*Darlene Spurlock, Elizabeth Schwenk, Marnie Merriam, and Chong Tae Christensen*

### Wesley Family News Deadline

The deadline for submission of articles/items of interest for the Wesley Family News is at **Noon, the 15th of each month**. Please submit all items in writing. When possible, please send them via email to Wesley-Church@verizon.net





**AUGUST BIRTHDAYS**

08/02 Ron Clingenpeel	08/17 Kay Tomlinson
08/04 Connie Dohm	08/17 Olivia Pryor
08/05 Diane Smith	08/18 Joe Bassi
08/05 Ava Brittain	08/18 Jonathan Convery
08/07 Jake McFarland	08/20 Larry Dohm
08/10 Janet Baker	08/22 Maggie Stewart
08/12 Junior Stewart	08/23 Sereena Denham
08/13 Tessa Nixon	08/26 Edie Skidmore
08/14 Marjorie Doeppner	08/26 Charlotte Powers
08/15 Patricia Skidmore	08/27 Pat Barry
08/17 Tom Chandler	08/29 Clarke Slaymaker
	08/31 Nancy Nixon

**AUGUST ANNIVERSARIES**

08/02/2003 Ben & Tobi Rowland  
 08/04/1989 Ken & Kris Murphy

08/07/1999 Eric & Tamra Ferreira

08/27/1967 Don & Betty Harris

08/31/1975 Dick & Connie Lorentzen

**August In-Service**

August	08/02/2009	08/09/2009	08/16/2009	08/23/2009	08/30/2009
Acolyte	Andy Nees	Matthew Grigsby	Kelly Loftus	Trish Skidmore	Sydney Nixon
Lector	Kellianne Tomlinson	Fran West	Millie Yuhas	Bud West	Tom Swartz
Childcare	Diane & Hannah Nees	Kaye & Kellianne Tomlinson	Donna Adams & Brenda Denham	Nancy & Nick Restifo	Gwen & Devin Loftus
Counters	Lou DeVaughn & Jeff Nees	Dave Restifo & Steve Skidmore	Mike Adams & Corey Tullar	Linda Baublitz & Dave Restifo	Bill Convery & C. Anderson
Coffee Hour	Gwen & Tom Loftus	Karl & Kaye Tomlinson	Ken & Brenda Denham	Jane Barnes	Corey Tullar

Communion Steward Donna Adams

**Kid v enture**

Aug 2, 2009 – Week 1

**Bible Story:** The Number 1 Thing (The greatest commandment) • *Matthew 22:34b-40*

**Bottom Line:** When you love God, you'll love others.

Aug 9, 2009 – Week 2

**Bible Story:** First Place (Jesus at Mary and Martha's house) • *Luke 10:38-42*

**Bottom Line:** When you love others, you give them your time.

Aug 16, 2009 – Week 3

**Bible Story:** Lost and Found (The parable of the prodigal son) • *Luke 15:11-24*

**Bottom Line:** When you love others, you're quick to forgive.

Aug 23, 2009 – Week 4

**Bible Story:** Do You Really Love Me? (Jesus reinstates Peter) • *John 21:15-19*

**Bottom Line:** When you love Jesus, you'll treat others the way He does.

Aug 30, 2009 – Week 5

**Bible Story:** Stay Tuned (Jesus prays) • *John 17:1-26*

**Bottom Line:** Talking to God changes things.

# August 2009

August 2009							September 2009						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
2	3	4	5	6	7	8	1	2	3	4	5	6	7
9	10	11	12	13	14	15	8	9	10	11	12	13	14
16	17	18	19	20	21	22	15	16	17	18	19	20	21
23	24	25	26	27	28	29	22	23	24	25	26	27	28
30	31						29	30					

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	<b>Jul 26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Aug 1</b>
32	9:00am Christian Educ 9:30am Kid Venture	10:30am Bible Study; P; 7:00pm BS Troop 993;	5:00pm MZCA National 7:00pm Women's Step	6:30pm Neighbourhood 7:00pm Peach Festival	7:00pm Memorial Serv 7:30pm Harmonica Clu	3:00pm Peach Peeling 4:00pm SetUp: Peach 5:00pm Troop 993 Play	12:00am Troop 993 Play 11:00am Peach Festival
33	<b>9</b> <b>Peach Festival Wind U</b> 9:00am Christian Educ 9:30am Kid Venture	10:30am Bible Study; P; 5:30pm Confirming me 7:00pm BS Troop 993;	10:00am ROCK; Fellows 7:00pm Women's Step 7:30pm Administrative	<b>12</b>	<b>13</b> 10:00am Meals On Whe 7:30pm Harmonica Clu 8:30pm AA; FH #1	<b>14</b> 12:00pm Newsletter De.	<b>15</b>
34	<b>16</b> 9:00am Christian Educ 9:30am Kid Venture 10:00am Worship; Sanc	<b>17</b> 10:30am Bible Study; P; 7:00pm BS Troop 993;	<b>18</b> 10:00am Circle Meeting. 7:00pm Women's Step	<b>19</b>	<b>20</b> 7:00pm Trustee Meetir 7:30pm Harmonica Clu 8:30pm AA; FH #1	<b>21</b>	<b>22</b>
35	<b>23</b> 9:00am Christian Educ 9:30am Kid Venture 10:00am Worship; Sanc	<b>24</b> 10:30am Bible Study; P; 7:00pm BS Troop 993; 7:30pm Trinity Circle N	<b>25</b> 7:00pm Women's Step 7:00pm Venture Crew 7:30pm BS 993 Comm	<b>26</b>	<b>27</b> 7:30pm Harmonica Clu 8:30pm AA; FH #1	<b>28</b>	<b>29</b>
36	<b>30</b> 9:00am Christian Educ 9:30am Kid Venture 10:00am Worship; Spec	<b>31</b> 10:30am Bible Study; P; 7:00pm BS Troop 993;	<b>Sep 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

Our August Communion Offering is designated to United Community Ministries (UCM). UCM's mission is to assist families and individuals to improve the quality of their lives in a manner that builds their self-esteem and fosters their ability to function at the greatest level of their capacity socially, economically and emotionally.



Please consider contributing to their Food Pantry's most immediate needs by bringing in any of the items below and placing them in the Narthex.

- Canned meat and tuna fish
- Canned soups
- Canned fruits and vegetables
- Canned beans
- Pasta
- Rice
- Tomato Sauce
- Cereal
- Macaroni & Cheese
- Peanut Butter & Jelly
- Dry Milk
- Baby Food
- Diapers
- Small juice boxes
- Small individual serving boxes of cereal
- Pop-top or peel-off cans of meat, fruits & applesauce
- Small boxes of raisins
- Disposable utensils
- Small toiletries
- Paper & plastic shopping & grocery bags

Wesley Family news is a monthly publication of the Wesley United Methodist Church staff in Alexandria, VA . It is published to convey information with the members and friends of the church about The Virginia Annual Conference, The Alexandria District and the program offerings of Wesley as a connectional member of the United Methodist Church.

Bishop: Charlene Payne Kammerer

District Superintendent: Alan Reifsnnyder

**Wesley United Methodist Church Staff Members**

- Tony Forstall**, Pastor..... wforstall@cox.net ..... 703-780-5019
- Chris Johnson**, Minister of Music ..... chrjohnson@comcast.net ..... 703-780-5019
- Kym Clark**, Office Manager ..... WesleyChurch@Verizon.net .... 703-780-5019
- Betty Harris** Caretaker ..... WesleyChurch@Verizon.net .... 703-780-5019
- Darlene Spurlock**, Pre-School Director: ..... wpsdirector@gmail.com..... 703 360-9082
- Elizabeth Schwenk**, Kindergarten Teacher ..... 703 360-9082
- Marnie Merriam**, 3 year old teacher ..... 703 360-9082
- Chong Tae Christensen**, Pre Kindergarten ..... 703 360-9082

**Church Office Hours: Monday through Friday 9:00 am. - Noon**

**Telephone: (703) 780-5019**

**Fax: (703) 780-5061**

**E-mail: WesleyChurch@verizon.net**

**Home Page <http://www.wesleyva.org>**

## [A home not so far away from home](#)



Many people in the church came to know Rosemary Salak's brother, Jerry Salak when he was here for 3 months while she was in the hospital. Below is an article on what he has been doing in the Heritage Hills neighborhood that may be the wave of the future.

Two years in the process, movement afoot indicates that perhaps the neighborhood will soon be welcoming residents of the first Charles House Association ElderCare home. Since 1990, the Charles House Eldercare Center in Carrboro has provided daytime care for the elderly of our community who remain vital enough to get out (with assistance), but who, for whatever reason, require some degree of supervision to avoid injury or confusion. Charles House has provided many loving families the respite and peace of mind needed to keep their aging relatives living in the home, offering safe daytime stimulation and socialization.

It has long been the Charles House Association dream to provide a residence where elders could live together in a home that keeps them in a neighborhood rather than in an institutional setting; a place where staff members insure that nutritional, hygienic and social needs are met, but where elders can still remain within the multi-generational fabric of life.

The residents of Heritage Hills fully caught the significance of that vision. The collective residents' memory within the 30-something-year-old neighborhood of 220 homes has included losing aging homeowners who required a more conducive setting or of bringing aging relatives into their own homes to provide for them. Now a former resident has contacted Salak and offered to sell the Charles House Association her four-bedroom ranch-style home that abuts a 74-acre wooded piece of property. The house has been empty for a while and needs some work, but it's obvious that with a few modifications, including a kitchen-redo and converting the garage into a fifth bedroom, this house with a fireplace and built-in bookcases will not only provide a great place for five or six elderly folks to live out their days, but will also be a wonderful addition to the neighborhood.

"People want to be at home, they don't want to feel isolated," said Salak, who, along with his sister (who also owns a home in Heritage Hills), provided residence for their mother during the last six years of her life and witnessed the assets that living in a neighborhood afforded her. It's the interactions. "The elderly, and especially people with dementia, respond to children and animals," he said. Additionally, teenagers needing to provide community service in order to graduate will be able to gain their service hours through yard work and other duties at the elder care home. Adults who want to contribute can be trained to become volunteers in the home.

"This community should have a good nonprofit organization providing options to care for old people," he said. "Of any community in North Carolina, it should be this one — trying innovations — not the tried and true institutional ways."

One question remains: Will this generous community support a new paradigm for our elderly? The Charles House Association certainly has the knowledge to accomplish it in ways that will make it a model that could be repeated in neighborhoods of every socio-economic stratum. In my years of covering Chapel Hill and Carrboro, one thing I've heard everywhere is, "this is such a great neighborhood." Most of us would love to be able to stay "home" when the time comes that we can't be home alone. Here's our chance to help make it happen.

To learn more and/or become involved, call 967-7570, write [paul@charleshouse.org](mailto:paul@charleshouse.org) or see [charleshouse.org](http://charleshouse.org)

**Wesley United Methodist Church**

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Website: <http://www.wesleyva.org/>

Non-Profit  
Organization  
**Postage Paid**  
Mount Vernon,  
Virginia 22121  
PERMIT #1

Daily devotions:<http://www.wesleyva.org/devotional>

Address Correction Requested



**The 2009 Peach Festival will held  
August 8th**

**Main Food will be served from  
11:00 a.m. - 2:00 p.m.  
Desserts will begin at 11:30 a.m.  
and served until they run out**

**FREE - FUN - FREE**