



# WESLEY FAMILY NEWS

June 2009

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

## *Vacation Bible School*

Paul wants to introduce Rome to you and your family during Wesley's Vacation Bible School. Come and meet the town's people of Rome. Dine, shop, and experience life as a Roman citizen. Hear from Paul as he explains his life and meet with a couple who help in the Underground Church and hear their stories. Let the Bible come to life for you and your children at Wesley.



### *There's No Place Like Rome...*

That's why we want *you* to join us for an exciting Bible-times adventure with the Underground Church in ancient Rome!

Location: Wesley UMC  
(church name)

The adventure will last: June 22 to June 26  
(VBS dates)

The fun begins at: 6:00 PM  
(VBS starting time)

The city gates close at: 8:00 PM  
(VBS ending time)

For more information, call: 703.780.5019  
(church phone number)

WHERE: Rome aka  
Wesley's Fellowship Hall

TIME:  
6:00 p.m. to 8:00 p.m.  
(Dinner begins at 6:00)

AGES:  
All family members who  
want to hear from Paul  
and experience Rome



## Bring in your Labels!

It is time to find all of those Campbell's product labels that you have been saving.! Please drop them in the basket in the church foyer. The labels will be sent to the Henry Folk Service Center in Rocky Mount, VA

The Henry Fork Service Center is a multi-purpose mission outreach of the Danville District of the United Methodist Church.

Its mission is "making God's love visible" in the Henry Fork Community:

- by acting as a positive Christian presence
- by being a place where children, youth and adults can come to spend creative time.
- by offering a helping hand and listening ear to those with problems
- by exemplifying Christ as Lord and Savior to all persons in its caring ministry

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 connexional member of the United Methodist Church.

Bishop: Charlene Payne Kammerer

District Superintendent: Alan Reifsnyder

### 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  
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**Marnie Merriam**, 3 year old teacher ..... 703 360-9082  
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**Church Office Hours: Monday through Friday 9:00 am. - Noon**

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

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

## *Message from Pastor Tony...*

Secondly: By doing good; ...

To their souls, by instructing, reproving, or exhorting all we have any intercourse with; trampling under foot that enthusiastic doctrine that “we are not to do good unless our hearts be free to it.”

John Wesley, 1739 Rules of the United Societies, 2004 UMC Discipline, page 73

Dear Friends,

We will be talking a lot about The “Three Simple Rules” this month. The above quotation is from one portion of these rules, “the doing good” portion. The phrase, “we are not to do good unless our hearts be free to it is kind of quirky.” It seems out of date. Of course, it was written by an 18th century man to an 18th century audience. It should not surprise us that it doesn’t make sense. But understood properly, this phrase is a 21st century necessity.

A modern translation of this phrase may be something like, “I don’t have to do anything unless I feel like it.” At first glance, most of us might ask what is wrong with that idea. If a person doesn’t want to do something then they don’t have to. After all, you cannot force people to do what they do not want to do. That may be true, but we need not approve of the practice, or encourage it in others.

In Wesley’s day, there were Christians who would refuse to do the right thing, because their heart didn’t feel like doing the right thing. They would say, if God didn’t make them feel like doing it then they shouldn’t be required or forced to act, or even made to feel guilty because they didn’t. This attitude Wesley calls an “enthusiastic doctrine”.

This is another 18th century word that had a different meaning then than it does now. In our day enthusiasm is a positive attitude and general upbeat approach to life. We like an

authentic enthusiasm and it is infectious. In Wesley’s time it meant “gone wild” or “running amok”. Enthusiasm broke down social order and disrupted people’s lives. It was seen as selfish and harmful. Understood that way we can understand why Wesley want his followers to trample it under foot”.

To trample underfoot was a way of encouraging the rooting out of this attitude in a persons own soul and to help others set it aside in theirs. In my own life, there have been numerous times when I did not do something in a well-ordered and timely way because I did not feel like it. I knew in my mind it was the right thing to do, but I didn’t feel like it. Why didn’t I feel like it? Sometimes it was stubbornness and selfishness. Sometimes it was because I was drawn to TV, a computer game, or some other distraction that numbed me from feeling any way, right or wrong. Either way, it prevented me from doing a good.

Have you found yourself knowing the right thing to do, but not doing it because you didn’t feel like it? If so, recognize it when it happens and take that attitude’s life by doing what is right whether you feel like it or not. What you will feel afterwards is a sense of God’s presence and power. This will kill the evil attitude and reinforce the good one. That is what Wesley was saying in his 18th century way. He also says it to us in our own century.

Grace and Peace, Pastor Tony

## VBS Volunteer Opportunities

Description	Monday June 22	Tuesday June 23	Wednesday June 24	Thursday June 25	Friday June 26
Family Time	God's Gifts	God's Love			
Drama					
Paul	Brutus	Brutus	Brutus	Brutus	Brutus
Drama 2	Lucia	Lucia	Lucia	Lucia	Lucia
Underground	Marcus	Marcus	Marcus	Soldier	Marcus
Drama 3					
Marketplace	Festus	Atticus	Severus	Thief	
		Tullius		Baker	
		Soldier		Soldier	Soldier
					Soldier
			Marcus		Metal Worker
	Games Leader	Games Leader	Games Leader	Games Leader	Games Leader
Activities					
Game	Olympics	Roman Games	Chariots	Firefighters	Army Re-cruits
Craft 1	Toga Shop	Architect	Scribe	Carpentry	Metal Shop
Craft 2	Grammaticus	Wreath Maker	Leather Shop	Food	Food

## Gatherings & Reminders

### UMM Final Meeting of the Year

The Wesley UMM will have their last meeting before summer on Saturday, June 6th, at 8:00am in the Fellowship Hall. Tom Chandler with the Mid-Atlantic Gleaning Network (<http://www.midatlanticgleaningnetwork.org/>), will be the guest speaker. The UMM invites any of our church family to be our guest for breakfast and listen to Tom's presentation.

Please RSVP to Bud West ([budwest681@hotmail.com](mailto:budwest681@hotmail.com)) or Ken Denham ([denham1996@gmail.com](mailto:denham1996@gmail.com)). We hope to see you there.

### UMW Spring Dining Out

All ladies of Wesley United Methodist Church are invited to attend the Spring Dining Out on Monday, June 1. We will be gathering at Pema's Italian Restaurant at 6:30 PM. Please call Gayle Besemer at 703-78-7624 if you plan to join us for an evening of fellowship and good food.

### Sunday School Meeting

Ken Denham would like to have a short meeting with all Sunday School Teachers and anyone interested in helping with Sunday School on 7 June, in the Fellowship Hall after service.



### Venture Crew Meeting

**Date: June 9th      Time: 7:30      Location: WUMC Fellowship Hall**

If you think you may be interested in becoming a Venture Crew Member, please attend our next meeting. All Boys and Girls 14 to 20 years of age are welcome to attend this meeting with their parents to learn more.

**Noah Parker Green**

Born: April 14, 2009

10 lbs. 11 ozs.

Parents:

Eric and Heather Green

Grandmother:

Beth W. Green

Great-Grandfather:

Bob Green

Grand Nephew of

Fran and Bud West



Welcome Noah & Ryan

**Ryan William Green**

Born: May 11, 2009

7lbs. 15 ozs.

Parents:

Bruce and Jen Green

Grandmother:

Beth W. Green

Great-Grandfather:

Bob Green

Grand Nephew of

Fran and Bud West



**McKenzie Payton Clark**

Born: September 2, 2001

Baptized: May 24, 2009

Parents:

Benjamin Ravenel Clark

Kimberly Payton Clark



*With Sincere Sympathy*

Our heartfelt condolences are extended to the friends and George Klann. George Passed away April 22nd. A memorial service was held on May 2nd at Wesley United Methodist Church.

## Annual Conference

I invite you to keep our Annual Conference in your prayers. This year the Virginia Annual Conference will be meeting in Norfolk Virginia at the Scope in downtown Norfolk. Watson Pryor, our lay leader will represent Wesley and Fran and Bud West will be attending as delegates from the Alexandria District.

## Kits for Conference Reminder

Please remember to bring your kits to church by Sunday, June 13th. Watson Pryor will be transporting them to the annual conference.

Please see Nora Rudd for additional details

## Clair Travis Ordination

This is also the year that Clair M. Travis, our former Youth Director will be ordained as a Elder in Full Connection at the Holston Annual Conference. She has done your pastor a wonderful honor by asking him to be one of her Clergy Sponsors at her ordination. Bishop Krammerer has granted me permission to attend the Holston Conference which meets at the same time as our Conference. I will be flying to Ashville N.C. on Monday June 15th and returning Wednesday, June 17th.

## Congratulations to Our 2009 Graduates



### Mount Vernon High School

**Devin Loftus** will attend Sewanee University

**Kellianne Tomlinson** will attend the University of Virginia

### Robert E Lee High School

**Jayne Walker** will attend George Mason University

### Wesley Family News Deadline

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



## Upcoming Worship Highlights

Upcoming Worship Services will include a three week preaching series on the “**Three Simple Rules**” which are in our UM Discipline, section 103. That are a part of official doctrine. The read as follows:

First: By doing no harm,  
by avoiding evil of every kind

Secondly: By doing good;  
by being in every kind merciful after their power; as they have opportunity, doing good of every possible sort, and, as far as possible, to all men:

Thirdly: By attending upon all the ordinances of God;

These will be offered in turn on June 14, 21, and 28. Also the June 28<sup>th</sup> Service is officially called:

### Lawn Chair Sunday!

Bring your lawn chair to the backyard of the church under the shade of the oak trees, sit in the comfort of your chair and enjoy another fun experience of worship and praise in the great outdoors!

There will be plenty of shade and shelter and there will be cold water

available and ready to slake thirsty mouths as needed.

In July we will welcome two guest preachers to the pulpit as the pastor takes a couple of weeks of vacation. He and his family will be gone from July 8<sup>th</sup> to July 22<sup>nd</sup>. During that time we will welcome, Betsy Caudill, The Arlington District Program Director, on July 12<sup>th</sup> and Pam Michel, The executive Director of New Hope Housing, on July 19<sup>th</sup>. Please make plans to attend these services and hear both of these wonderful preachers.



Dear Folks,

The sermons on June 14th, 21st and 28th will be based on Reuben Job's little book titles “Three Simple Rules: A Wesleyan Way of Living”. I highly encourage each of you to purchase a copy of this book. We will receive orders until June 1st. Orders will go through the Church and be order in bulk so we receive a price break. The book normally retails for \$5.00, but if enough books are purchased the price could be as low as \$3.75.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Number of copies ordered \_\_\_\_\_

Email: \_\_\_\_\_

Please fill out the order form below and place in the offering plate or mail to the Church Office, (8412 Richmond Avenue, Alexandria, VA 22309). Payment will be expected when you receive the book.

You may pick up your copy on Sunday, June 7th or in the office during regular working hours (9-12, M-F) after June 8th.



Disaster  
Preparedness

### Tax Exempt Clock is Ticking

## Hurricane Season Begins 1 June

The Red Cross ([www.RedCross.Org](http://www.RedCross.Org)) recommends the following safety steps and tips to prepare for a hurricane:

### **Assemble a Disaster Supplies Kit**

Gather emergency supplies including: emergency medications, nonperishable foods, a non-electric can opener, bottled water (at least three gallons per day per person), a battery-powered radio, flashlight, extra batteries, extra clothes, important documents, cash and credit cards, a first aid kit and other items for infants, elderly or disabled family members and pets. Store supplies in a waterproof, easy-to-carry container, such as plastic tub with handles

### **Prepare a Personal Evacuation Plan**

Identify an evacuation route ahead of time; discuss with family members

If advised to evacuate, do so immediately

In case of evacuation to an American Red Cross shelter, be sure to bring the disaster supplies kit, medications, extra clothing, pillows and blankets and other hygiene and comfort supplies. Make advance preparations for pets so you can bring them with you when you leave, but remember, due to health department regulations, pets aren't allowed in public shelters.

### **Hurricane preparedness Tax Exemption Ends May 31**

Artificial ice, blue ice, ice packs and reusable ice; Batteries (excluding automobile or boat batteries), Any battery-powered light sources ; Tarpaulins, plastic sheeting, plastic drop cloths and other flexible waterproof sheeting; Bungee cords and rope; Ground anchor systems or tie down kits; Ratchet straps;• Duct tape; Carbon monoxide detectors; Smoke detectors; Fire extinguishers; Empty gas, propane or diesel fuel tanks or containers; Water storage containers, including buckets, barrels; canteen, cans, cooler; Nonelectric food storage coolers; Bottled water; Manual can openers; Battery-powered or hand-crank radios ; Two-way radios; Weather band radios and NOAA Weather Radios; Storm shutter devices that are made, rated and marketed specifically for the prevention of storm dam-

age to windows -- no plywood; Cell phone chargers; First aid kits; Portable generators and generator power cords; Inverters and inverter power cables; Customers can use manufacturer's coupons to lower the price of an item so that it will qualify for the \$60 or \$1,000 price cap.

The Virginia Department of Taxation's Hurricane Preparedness Sales Tax Holiday Guidelines and Rules are available online at [www.tax.virginia.gov/salestaxholiday](http://www.tax.virginia.gov/salestaxholiday). For detailed information about how to prepare your family for hurricanes and other emergencies, visit [www.ReadyVirginia.gov](http://www.ReadyVirginia.gov) .

## June Birthdays

06/02 Gerald Wareham	06/11 Diane Nees	06/25 Chelsea Walker
06/03 Richard Robinson	06/12 Kelly Loftus	06/26 Clyde Phelps
06/03 Leslie Tucker	06/16 Rick Florence	06/27 Virginia Rowland
06/05 Don Harris	06/19 Rebecca Shultz	06/27 Paige Rowland
06/06 Jim Smith	06/22 Jessica Sonntag	06/29 Stephen Kusterbeck
06/07 Jack Barnes	06/24 Luke Inlow	
06/08 Watson Pryor	06/24 Geoff Clingenpeel	

## June Anniversaries

06/05/1982 Mary Ruth & Tony Forstall	06/19/1965 Janet & Earl Magill
06/06/1992 Nancy & Steven Nixon	06/19/1971 Cindy & Gary Denick
06/07/1947 Dale & Harry Swartz	06/25 Betty & Dave Sneddon
06/12/1994 Pat & Shane Barry	06/25/1958 Nancy & Charles Anderson
06/15/1948 Audry & Don Pomerening	06/28/1969 Judy & Art Ferreira

## June In-Service

Date	06/07/2009	06/14/2009	06/21/2009	06/28/2009
Acolyte	Olivia Pryor	Sydney Nixon	Abby Baggette	Marina Dohm
Lector	Bud West	Charles Anderson	Christiana Swartz	Fran West
Nursery	Gwen & Devin Loftus	Christina & Erika Swartz	Judy Ferreira & Charlotte Forstall	Connie & Marina Dohm
Counters	M/M Adams & Corey Tullar	Linda Baublitz & Dave Restifo	Bill Convery	Lou DeVaughn & Jeff Nees
Coffee Hour	Fran & Bud West	Nancy & Bill Convery	Ben & Richard Robinson	Donna & Mike Adams
Communion Steward	Mary & Watson Pryor			

# June 2009

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00am Chancel Choir Rehearsal (Sanctuary) 10:30am Bible Study (Parlor) 6:30pm UMW Dining Out (Pema's Italian Restaurant) 7:00pm BS Troop 993 (Fellowship Hall) 7:00pm Bell Choir (Sanctuary)	7:00pm Women's Step Group AA (FH #1) 7:30pm SPRC Meeting	6:30pm Neighborhood Watch Meetings (FH CR #1)	6:30pm GS Service Unit Meeting (FH #2) 6:30pm CS Den 3 (Fellowship Hall) 6:30pm CS Den 4 (Fellowship Hall) 7:00pm CS Committee Meeting (FH CR#3) 7:00pm CS Den 1 (Fellowship Hall) 7:30pm Harmonica Club (LL) 8:30pm AA (FH #1)		8:00am UMMen Breakfast (Fellowship Hall)
Graduation Sunday Trinity Sunday 9:00am Christian Education 9:30am Kid Venture 10:00am Worship (Sanctuary) 11:00am Sunday School Teachers Meeting 12:00pm All Nations Methodist Church 12:30pm GS Bridging Event (Fellowship Hall) 5:00pm UMYF (Fellowship Hall)	8:00am Chancel Choir Rehearsal (Sanctuary) 10:30am Bible Study (Parlor) 7:00pm BS Troop 993 (Fellowship Hall) 7:00pm Bell Choir (Sanctuary) 7:30pm Finance Committee	10:00am ROCK (Fellowship Hall/Elks) 7:00pm Venture Crew Meeting 7:00pm Women's Step Group AA (FH #1) 7:30pm Administrative Board	7:30pm MZCA General Mtg (Fellowship Hall)	10:00am Meals On Wheels (Mount Vernon INOYA Pick-up) 6:30pm CS Den 3 (Fellowship Hall) 6:30pm CS Den 4 (Fellowship Hall) 6:30pm GS Service Unit Meeting (Fellowship Hall) 7:00pm CS Den 1 (Fellowship Hall) 7:30pm Harmonica Club (LL) 8:30pm AA (FH #1)	12:00pm Newsletter Deadline Second Friday of the Month	
Flag Day Graduation Sunday 9:00am Christian Education (Fellowship Hall) 9:30am Kid Venture 10:00am Worship (Sanctuary) 12:00pm All Nations Methodist Church (Sanctuary) 5:00pm UMYF (Fellowship Hall)	8:00am Chancel Choir Rehearsal (Sanctuary) 10:30am Bible Study (Parlor) 7:00pm GS Troop 657 (Youth Room) 7:00pm BS Troop 993 (Fellowship Hall) 7:00pm Bell Choir (Sanctuary)	10:00am Circle Meeting (Parlor) 7:00pm Women's Step Group AA (FH #1)	Last Day of School 6:30pm CS Den 3 (Fellowship Hall) 6:30pm CS Den 4 (Fellowship Hall) 7:00pm CS Pack Mtg (FH CR #2) 7:00pm CS Den 1 (Fellowship Hall) 7:00pm Trustee Meeting (Parlor) 7:30pm Harmonica Club (LL) 8:30pm AA (FH #1)	4:00pm GS Awards (Fellowship Hall & Kitchen)	3:00pm Kim Corbin Graduation	
First Day of Summer 9:00am Christian Education (Fellowship Hall) 9:30am Kid Venture 10:00am Worship (Sanctuary) 12:00pm All Nations Methodist Church (Sanctuary) 5:00pm UMYF (Fellowship Hall)	8:00am Chancel Choir Rehearsal (Sanctuary) 10:30am Bible Study (Parlor) 7:00pm BS Troop 993 (Fellowship Hall) 7:00pm Bell Choir (Sanctuary) 7:30pm Trinity Circle Meeting (Parlor)	7:00pm Women's Step Group AA (FH #1) 7:30pm BS 993 Committee Mtg (Fellowship Hall)	Vacation Bible School	7:30pm Harmonica Club (LL) 8:30pm AA (FH #1)		
9:00am Christian Education (Fellowship Hall) 9:30am Kid Venture 10:00am Worship: Lawn Chair Sunday 12:00pm All Nations Methodist Church (Sanctuary) 5:00pm UMYF (Fellowship Hall)	8:00am Chancel Choir Rehearsal (Sanctuary) 10:30am Bible Study (Parlor) 7:00pm BS Troop 993 (Fellowship Hall) 7:00pm Bell Choir (Sanctuary)	7:00pm Women's Step Group AA (FH #1) 7:30pm BS 993 Committee Mtg (Fellowship Hall)				

**Wesley United Methodist Church**

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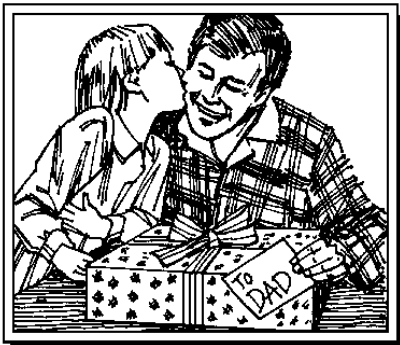
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## June Highlights

June 1 .....UMW Spring Dining Out  
(Pema's @ 6:30 pm)

June 2 .....SPRC  
(Parlor @ 7:30 pm)

June 6 .....UMM Breakfast  
(Fellowship Hall  
@ 8:00 am )  
Everyone is Invited



## Father's Day

June 7 .....Graduation Sunday

June 16.....Circle Meeting  
(Parlor @ 10:00 am)

June 21.....Father's Day

June 22.....Trinity Circle  
(Parlor @ 7:30)

June 28.....Lawn Chair Sunday