



Message Map – January 23, 2011

“Baggage Check-Help for the Hurting” -- Isaiah 9:1-4; Matthew 4:12-17

Notes:

Depression -

“My back is filled with searing pain...I am feeble and utterly crushed; I groan in anguish of heart. My heart pounds, my strength fails me; even the light has gone from my eyes.” – Psalm 38:7-8,10

It _____

“All day long my disgrace is before me, and shame has covered my face.” – Psalm 44:15 (ESV)

It _____

Healing Steps

1. Be _____ about what is going on in your life

2. Reach out _____

H _____

E _____

L _____

P _____

3. Reach out _____

“O Lord, my God, I cried to you for help, and you have healed me... you restored me to life from those who go down to the pit.” – Psalm 30:2,3

“You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness...!” – Psalm 30:11ff

“Alive with resurrection hope and joy!”

* INSERTS FOR SUNDAY, JANUARY 23, 2011 *

“The mission of LUMC is to make disciples of Jesus who will live transformed lives, and who will influence their generation and the next with God’s love!”

This Week at LUMC

Sunday 1/23/11

- 8:15 AM Traditional Worship
9:45 AM Sunday school (Asb, Ed. Bldg.); Praise Worship; Youth Service (AG2)
11:00 AM Traditional Worship
12:30 PM Angel ringers (Sanc)
1:30 PM Seraphim Ringers (Sanc)
4:30 PM Invitation to the New Testament (Lib); Confirmation (AG); Comedy team; Youth band (AG); Alpha course (Sanc, Asb, Wes)
5:30 PM Generation Change (AG)
7:00 PM LLO - "Faust" (Asb)

Monday 1/24/11

- 6:30 PM Stephen Ministry training (Wes)
7:00 PM Troop 998 (Asb)

Tuesday 1/25/11

- LCPS closed (moveable)
10:00 AM LUMC staff meeting (Libr)
7:00 PM LLO - "Faust" (Asb); AA Lit. meeting (Wes)

Wednesday 1/26/11

- 6:30 AM Donuts & Discipleship (AG1)
10:00 AM LUMP music class (Asb)
7:00 PM Chancel choir (Choir, Sanc); BSA-Goose Creek Dist Comm Mtg (Asb)

Thursday 1/27/11

- 10:00 AM Harmony UMC staff meeting (AG1)
10 AM & 1 PM music class (Asb)
6:30 PM Financial Peace (AG1)
7:00 PM Admin Board (Asb)
7:30 PM Praise Team (Sanc); Chorus Old Dom (Asb)

Friday 1/28/11

- 9:15 AM Play and learn (blue room)
11:00 AM Overeaters Anon (Parl)
6:30 PM Fife & Drum (Asb, classroom)

Saturday 1/29/11

- 8:45 AM OA (Parl)
10:00 AM SLA 12-step group (Parl)
7:00 PM LLO - "Faust" (Asb)

Our Prayers

- Healing: Anna Hough, Dick Hammond, John Laycock, Jeff Frazee, Ginny Moore, Kelly McCaffrey, Shawn Sharpe, Jim Rives, Lisa Warf, Bill Tripp, Marjorie West, Mildred Saunders, Kathi Pierce
Military & non-military personnel serving overseas, especially Scott Lewis whose unit is in Afghanistan, Don Lew, Jr., and Michael Luna.
Condolences: to the Wiggins family following the death of Bill Wiggins on Jan 20. Condolences to Steve Wolford on the death of his step-sister Nicole (age 36) who died suddenly on Jan. 18.

The last Sunday of this month (January 30) will be Leadership Sunday. We will be dedicating our leaders that Sunday at each worship service.

Sunday 1/30/11

- 8:15 AM Traditional Worship
9:45 AM Youth Service (AG); Praise Worship; AM Sunday school (Asb, Ed. Bldg.)
11:00 AM Traditional Worship
12:30 PM Angel ringers (Sanc)
1:30 PM Seraphim Ringers (Sanc)
3:00 PM Homebound Communion Training (Wes)
4:30 PM Alpha course (Sanc, Asb, Wes); Youth band (AG); Comedy team; Confirmation (AG); Invitation to the New Testament (Lib)
5:30 PM Generation Change (AG)
7:00 PM LLO - "Faust" (Asb)

Making disciples involves “going, sharing and inviting”, or, “evangelism”. evangelize in order bring people to a place, a building, or an organization – we evangelize in order to bring others and us closer to Jesus! Be an evangelist—go, share, invite!

**Supply Needs List for
Cold Weather Shelter 2010-2011
Drop in Center**

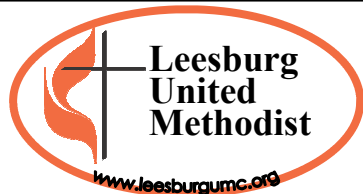
Clothing (M/F socks & underwear, all sizes), Gift cards for Fast Food or coffee, Household supplies (paper products, laundry detergent, snack/sandwich Ziploc bags), Winter clothing (hats, gloves, sweatshirts, scarves), Personal care/hygiene items, Food & beverages for lunches, Bedding (blankets, pillows, twin-size sheets, pillowcases). Contact Sonia Smith, 571.253.3033 for info & for drop-off.

FLOWERS

Sponsoring the altar or narthex flowers is a great way to honor or remember someone you love. The sign-up forms and calendar with available dates are located in the hallway across from the office. Sign up today!



Flowers



**Leesburg
United
Methodist**

www.leesburgumc.org

LUMC Magnets on sale in Wesley for \$5!

Wanted: Several retired members of our congregation on fixed incomes are looking for a good, used computer in good condition for email, basic word processing, either PC or Mac (that runs OS 10), with high-speed connectivity. Must be clean & clear of all viruses. If you have one to donate, please contact the office. Thanks!

Electric recliner for sale. Mid-size, beige/gold color, good condition. Call Janice Webb, 703-777-3116.

“Cry Room”

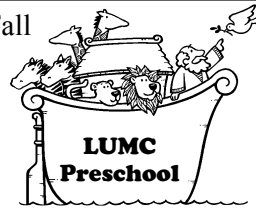
The Parlor has been equipped with rockers and a sound system, for use by nursing moms or parents who need a quiet place to go with their young children to listen to the service.

Children’ Choir

There will be 2 upcoming choir sessions for the Elementary (K – 5th) children of LUMC. The first session will run from March 6th - April 17th and the second session will run from May 15th – June 26th. Practice will be held in the Red Room of the education building at 9am on Sunday mornings. Please contact Christy Tallamy or Laura van Leliveld with any questions.

Preschool registration for Fall 2011 begins on Feb. 7 for church members and currently enrolled families. There is a \$25.00 discount for registering this week.

There will be an Open House on Jan. 10, 9 - 11:00 and on Jan. 26 12:30-2:00. Please call Barb at the school for an appointment if you'd like to visit at another time. Please spread the word to neighbors and friends.



**Sign up soon for the
Lay Servants Academy!**

The Virginia United Methodist Lay Servants Academy will be held February 25-27, at the VA U. M. Assembly Center in Blackstone, VA. 19 different courses, include the Lay Speaking “Basic Class”, “History of the Christian Faith”, “Storytelling for the Christian Soul”, “Faith Sharing”, “Ministry with Older Adults”, and more! This opportunity is not just for those in leadership positions, but is open to all who desire to learn and grow in their faith and knowledge. Scholarships are available to offset the cost—contact Pastor Wishmyer. See brochure for more info.



Trail Guide for week of January 24, 2011

Baggage. It can weigh us down so much that we begin to get down. That’s depression – when the “stuff” in our lives gets too heavy for us. Everyone gets depressed at some point in life, when we feel down, a lack of energy or excitement, sadness, irritability, restless, withdrawn, anxious, etc. These are normal responses to adverse experiences, grief and stress. Most people bounce back within a relatively short time. For some, however, the depressed feelings can continue and lead to clinical depression. It’s amazing to see both regular depression and major depression reflected in the scriptures. This week’s readings will walk us through some of them, and also through the resources God provides to lift us up, out of, or guide us through the *feeling* of being depressed. As you read, may God help us each to see where we need to be lifted, and may God give us sensitivity to those around us who need God’s healing grace.

Monday, January 24 – Psalm 38 – Can you identify personally with anything the psalmist expresses? Can you think of persons you know who may be going through any of these feelings? Try to identify what is being expressed and to identify with those who experience these thoughts and feelings. Lift a prayer for yourself and/or for others. If you identified something within yourself, share with another your thoughts and feelings. Invite them to pray for you.

Tuesday, January 25 – Psalm 6 – Listen and try to empathize with the trouble the psalmist feels. What is the prayer that he prays? In what way/with what words does he express his hope to God? Let these words guide your prayers today for yourself and for others.

Wednesday, January 26 – Psalm 30 – In this passage, we see the ascent from depression being expressed. As you read, try to sense the joy and relief that the psalmist expresses. Ask God to enable you – or someone you’ve prayed for – to experience this same sense of relief and joy.

Thursday, January 27 – Psalm 147 – As you have been reading this week, I hope you have been able to feel as well as understand what is being expressed. In this psalm, sense the joy. What does the psalmist affirm about God? How does he respond? Lift a prayer of gratitude to God.

Friday, January 28 – Isaiah 61:1-7 – We saw last Sunday that Jesus spoke of the fulfillment of these words through himself. Yes, God sent the Son into the world to save us. These words give a little more clarity to God’s mission in Christ. Read these verses as written for you – as written for those you know – as written for our world.

Saturday, January 29 – Review. Have you shared with another your journey this week? Pray for Sunday’s worship and Sunday school.

Super Bowl Sub Sale:



Support Youth Mission Trip!

CHECK THE CALENDAR!

LUMC facilities get a lot more use than you may be aware of. If you want to have an impromptu, unscheduled meeting – especially if you need to use Wesley or Asbury halls – be sure to check the weekly calendar posted by the office door before you get started.

To schedule a room, please call or email Linda Stoutenburgh in the church office. 703-777-2056, office@leesburgumc.org

Do you have family members, friends, coworkers, classmates, neighbors, etc. who are not connected with a church? **Coming soon: "MY MOST WANTED". Stay tuned.**



PRAYER SHAWL MINISTRY AT LUMC

The Prayer Shawl Ministry was begun in 2008 by the Sunshine Circle. It is an ongoing outreach project supported by some of the ladies in the church. Shawls are knitted or crocheted, and lap robes made of fleece are also made. Prayers are offered as the shawls/lap robes are created. They are presented to persons who are experiencing health issues, loss, or other difficulties.

Prayer shawls/lap robes may be created by individuals at home, or with others at a “work session”.

All crafters are invited to join in this rewarding ministry. To submit the name of an individual who may enjoy receiving a shawl/lap robe, or to become involved in the crafting, or just for more information, contact: Bonita Metz or Carolyn Reynolds.

Please note: The next Prayer Shawl “get together” will be on January 31st at 2p.m. in the church parlor. Feel free to come and join us.

LUMC COOKBOOK RECIPE CORRECTION: Page 17—Greek Pasta

Ingredient No. 2 should read:
2 (14 oz.) cans diced tomatoes, drained

Boy Scouts and Girl Scouts

It's time to update the list of active & past scouts at Leesburg UMC. Boy Scout Sunday will be observed on February 6th and Girl Scout Sunday on March 6th. We are looking for boys and girls to participate in those services as readers and ushers. Please contact Dwight Stonerook at drsarch@verizon.net or 703-777-3019.

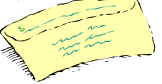
2010 Giving Statements

2010 statements went into the mail on Friday. If the bottom of your statement includes **information about your Pledge and Balance, please disregard it.** I mistakenly printed the 2011 pledge information. The giving totals, however, are correct. Please call or email the office if you have any other questions about your statement.

2011 Offering Envelopes

2011 offering envelopes are available for pickup in Wesley Hall. If you do not find pre-printed envelopes for you, please sign up on the clip board stationed with the envelope sets, and we will see that a set is prepared for you!

Offering Envelopes



Thank you.

Training for Homebound Communion - All

who are interested in serving in our Homebound Communion ministry are invited to attend a training on Sunday, 1/30, from 3 pm to 3:45 pm. Please contact the church office to indicate you will be attending. Thank you!

STEPHEN MINISTRY

Training Update

Our Stephen Minister training class begins this week. We ask you to keep our Stephen Minister trainees in your prayers as they nurture their gifts and acquire new skills so that they can bring Christ's love and care to hurting people on behalf of our congregation. Also pray for our Stephen Leaders who will guide them through their training. Here is what our Stephen Ministers are learning this week.



Session One-The Person of the Caregiver

Our Stephen Minister trainees will receive an introduction to the 50 hours of training and will explore the Christ-centered foundation of Stephen Ministry.

It's OFFICIAL! LUMC will be staying on the Winchester District when the Virginia Conference downsizes from 18 to 16 districts in July.

Imagine...

Imagine being actively involved at LUMC:
*attending worship,
 singing in the choir, or praise band,
 playing handbells,
 helping out in Sunday school,
 sharing in a small group,
 helping with work projects around the church,
 serving on a mission team.*

But now you've aged. It's difficult to get around your own home without help, let alone get around town and to church. Folks sometimes call, but few come by. You miss worship... you miss the music... you miss the people..you miss receiving communion.



Now, imagine the joy when someone from your church gives their time to come visit, and brings communion!

Please, consider being that "someone" for one of our homebound members. Consider being that "someone" who comes in the name of Christ, representing LUMC to share the sacrament and demonstrate God's love. Contact Debbie Brooks or Pastor jim Wishmyer for more information.

If you have a problem with alcohol, there is help. 540-667-0322 or 1-800-835-6130 www.AAVirginia.org

Inclement Weather Policy: As winter weather approaches, just a reminder that LUMC will be open for worship on Sunday, regardless of the weather, except in very extreme weather conditions such as a hurricane, "100-year" flood, blinding blizzard conditions, etc.. We were fortunate to have the church open every Sunday this past winter. Always use good judgment and err on the side of safety when inclement weather hits the area. Check the church's website and local television/radio when in doubt.



HAITI UPDATE

I'm looking for volunteers to travel with me to Jacmel, Haiti, February 2 through 12 to help distribute the supplies we purchased/collected this past fall. If you are interested, contact me at (540) 882-9194 or via e-mail at denicore@msn.com for details.
 -Mark Denicore

Please contact Jim & Cindy Swartz or the church office if your child is interested in serving as an **acolyte for Sunday worship**. Thank you!



ESL Volunteers

Here's a 2011 resolution you can keep with ease and have fun while you're keeping it: Volunteer to be part of the LUMC English teaching mission team. One night per week for 10 weeks beginning the week of February 7. We have openings for team teachers and for program assistants. NO PRIOR Teaching Experience NEEDED. It's fun, it's rewarding, it's co-ed, and we can guarantee that you'll be glad you gave it a try. Want to learn more? Contact Bonita Metz (703-443-2142 or bonita.metz@verizon.net).

Last Name _____ (sub #) _____ of _____
 Please complete one form for each sub



ANNUAL YOUTH SUPER BOWL SUB SALE

Once again this year the youth are making subs for Super Bowl Sunday, February 6th. This is an annual fundraiser for the youth that helps defray the cost of their Summer Mission Trip. The subs are \$7.50 each. The subs will be delivered to your house between 1:00 – 2:00 p.m. on SUPER BOWL SUNDAY. Or you can pick them up in Asbury Hall. Please fill out the form below and return to the box in Wesley or Asbury Hall or call Angela Becck at 703-777-2056 x205, e-mail: angela@leesburgumc.org. Payment upon ordering or on delivery (make checks payable to LUMC).

Name: _____

Phone Number: _____

Address (for deliveries only): _____

Neighborhood: _____

Meat Type: Turkey Ham Bologna Salami Roast Beef

Condiments: Provolone Cheese Tomatoes Lettuce
 Onions Red Peppers Mustard
 Mayonnaise Italian Dressing

Add Chips (50c each): Sour Cream & Onion BBQ Reg. Potato
 Salt & Vinegar Cheese Curls

Add Soda (50c each): Coke Diet Coke Sprite Dr. Pepper

Please check one:
 delivery
 pick-up after 8:15
 pick-up after 9:45

Extra forms are available in both