



AUMC WITNESS

Our Mission: Love God, Love Neighbor, Serve the World

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We are a Stephen Ministry Church

January 20, 2015

Getting Ready for Lent

Lent is a season of 40 days, not counting Sundays, which begins on Ash Wednesday (Feb. 18) and ends on Holy Saturday. Lent comes from the Anglo Saxon word *lencten*, which means "spring." The 40 days represent the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry. Lent is a time of repentance, fasting and preparation for the coming of Easter and is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others. Sundays in Lent are not counted in the 40 days because each Sunday represents a "mini-Easter" and the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection.

AUMC's Lenten Study 2015:

THE LIFE YOU'VE ALWAYS WANTED

Spiritual Disciplines for Ordinary People, Feb 15 - Apr. 5

What does true spiritual life really look like? What keeps you from living such a life? What can you do to pursue it? AUMC's eighth annual church-wide Lenten Study is *The Life You've Always Wanted: Spiritual Disciplines for Ordinary People* by John Ortberg. The heart of Christianity is transformation—a relationship with God that impacts not just our "spiritual lives," but every aspect of living. John Ortberg (author of *If You Want to Walk on Water, You've Got to Get Out of the Boat*) offers modern perspectives on the ancient path of the spiritual disciplines. But this is more than just a book about things to do to be a good Christian. It's a road map toward true transformation that starts not with the individual but with the object of the journey—Jesus Christ. (Cont. on pg. 4.)



Shrove Tuesday is Feb 17. Also known as

Pancake Tuesday, Pancake Day, Mardi Gras, and Fat Tuesday, Shrove Tuesday is the day preceding Ash Wednesday, the first day of Lent. Everyone is invited to AUMC's Shrove Tuesday Pancake Supper on Feb. 17, 5:45 – 6:30 p.m. in Wright Hall. The evening will feature family activities, crafts, pancake races and a kids' parade. Children are invited to come in costume. The supper is sponsored by Children's Ministry and United Methodist Men and the meal price (pay at the door) is \$8 per person, \$3 for children under 9, and \$25 per family maximum. Make checks payable to AUMC. For reservations, contact Joyce Kitzmiller, jkitzmiller@annandale-umc.org or 703-256-8330, or sign up on the Sunday morning worship pew pad. Pancakes are associated with the day preceding Lent because they use up rich foods such as eggs, milk and sugar before the fasting seasons of Lent.



Ash Wednesday, Feb 18, marks the beginning of

the season of Lent this year. Lent is a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline. Ash Wednesday emphasizes two themes: our sinfulness before God and our human mortality. The worship service focuses on both themes, helping us to realize that both have been triumphed through the death and resurrection of Jesus Christ. During Ash Wednesday services, the minister will lightly rub the sign of the cross with ashes onto the foreheads of worshipers. The ash cross on the forehead is an outward sign of our sorrow and repentance for sins. AUMC's Ash Wednesday worship service will be held on Feb. 18, 7:30 p.m. in the Sanctuary.



Wednesday Night Together fellowship dinner

programs during Lent are scheduled for Feb. 25, March 11 and March 25. Dinner is at 5:45 p.m. and the Lenten Program is at 6:30 p.m. RSVP for dinner by noon the prior Monday (Feb. 23, March 9 and March 23) by email or calling Joyce Kitzmiller, jkitzmiller@annandale-umc.org or 703-256-8330. Meal price (pay at the door) is \$8 per person, \$3 for children under 9, and \$25 per family maximum. Make checks payable to AUMC.

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SPIRITUAL DISCIPLINES

Grace and peace in the name of our Savior!

“Rejoice in the Lord always, and again I say rejoice”, says the Apostle Paul (Philippians 4:4).

Rejoice! That may seem like an off kilter sentiment for a column written on the eve of our Lenten observation. Lent brings to mind somber hues, darkened sanctuaries, silent reflections, repentant hearts, the sorrow of Calvary’s crucifixion. And yet...

Before I go on, the centering activity of our Lenten observation is focusing on our spiritual disciplines; to introspectively examine our lives to see where they are continuous or discontinuous with God’s intention, then to engage appropriate disciplines to help bring our lives into accord with the divine intention. As the author of our study this season offers, this exercise in spiritual growth sometimes leaves us feeling intimidated, daunted, and awash in feelings of inadequacy (John Ortberg, *The Life You’ve Always Wanted: Spiritual Disciplines for Ordinary People*). This inhibits the process and, in some cases, causes the devotee to give up altogether. As Ortberg describes it, “I tried this strategy for a few weeks, but I soon felt overwhelmed and exhausted by it.” (p. 45). It certainly does not evoke feelings of joy.

But he goes on to say that the most accurate indicator of our spirituality is our ability to love God and love others. And the process of spiritual development is training ourselves so as to be better able to love God and love others. Sometimes this takes the form of the classic disciplines – scripture study, prayer, meditation – and all are worthy paths to loving God and neighbor. But they also take the form of freedom, for the love of God has set us free to pursue lives of joy. The aim of all disciplines is for us to develop a deeper relationship with God. This delights God, who is the source of all joy. We all have work that we must do to remove the impediments to this journey, and augment that which is already moving in that direction. This is what Ortberg characterizes as training. And so...

Rejoice in the Lord always, and again I say rejoice.

Rejoice because it need not be an arduous, tedious, wearisome endeavor. It can be – I would suggest it must be – an exercise of love. I invite you to join us in this liberating study. Oh, I would also recommend to you the remainder of what Paul had to say in that passage: “Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.” May you rejoice in your learnings during this season.

Yours for a Vital Witness to Christ,

Clarence
Clarence



DATEBOOK

- UM Men Cookout**, Thurs., Jan. 29
- Preschool and ELP Open House**, Thurs., Jan. 29
- Young Adults meet**, Sun., Feb. 1
- Preschool and ELP Open House**, Tues., Feb. 10
- Young Adults meet**, Sun., Feb. 15
- Parenting with Love and Logic** class begins, Feb. 22
- Wednesday Night Together**, Feb. 25
- Preschool and ELP Open House**, Wed., Feb. 25
- Lenten Quiet Day**, Wed., March 11
- Wednesday Night Together**: March 11
- Easter Festival**, Sat., March 21
- Wednesday Night Together**: March 25
- Palm Sunday**, March 29
- Maundy Thursday**, April 2
- Good Friday**, April 3
- Easter Sunday**, April 5

NEWS IN BRIEF

Parenting with Love and Logic classes for parents of young children will be held on Sundays, Feb. 22 - March 22, 4-6 p.m., in room 210 and will be taught by Maribeth Day, Executive Director of AUMC Weekday Children's Programs. Program cost is \$25/person; \$35/couple and child care is \$15 per family. Register online at www.annandale-umc.org and click on "Academy of Discipleship." For information call 703-256-5244 or email mday@annandale-umc.org. Registration forms are also available in the church office.

Weekday Preschool & ELP Open Houses: The AUMC Weekday Preschool and Early Learning Programs will host Open Houses for prospective parents on Thursday, Jan. 29, Tuesday, Feb. 10 and Wednesday, Feb. 25. The informational session followed by a tour begins at 9:30 a.m. for the preschool and at 10:30 a.m. for the ELP. Registration is not required, just come to the Office, room 122. Priority registration for the 2015-2016 school year begins on Feb. 24 for AUMC members.

Young Adults' lunch discussion following Sunday worship will meet Feb. 1 and 15 at 12:30 p.m. in room 210. Light lunch will be provided. For more information, contact Eduardo Carrillo, ecarrillo@annandale-umc.org.

Hey guys, it's time for a cookout! Come join United Methodist Men on Thursday, Jan. 29 at 7 p.m. in Wright Hall and bring a friend. Please RSVP to Gary FitzGibbon at gary@garyfitzgibbon.com or 703-963-8707.

Ushers needed: Women, men, or youth are needed to serve as ushers for the 8:30 worship service once a month (or less frequently if more volunteer). Contact Randy Gordon, rgordon@ngfa.org or call the church office at 703-256-8330.

Volunteers are needed to help with food distribution, Heritage campus, 7901 Heritage Dr., every Thursday, 5 - 7 p.m. For more information call Betsy Clevenger, 703-425-6424.

The ACCA Food Pantry needs volunteers to serve as Food Captains to help with managing and referring delivery food requests submitted to ACCA by Fairfax County. Volunteer drivers are also needed to make deliveries to portions of Alexandria, Annandale and Baileys Crossroads. Contact Theresa Speake at 703-933-9306 or tspeake@cox.net if you are interested and for information about the duties and requirements. The pantry made 104 deliveries in December assisting 323 people and provided 26 Christmas baskets. The pantry remains low in small bags of rice, dried black beans, cereal, jelly, canned fruit, cookies, and crackers. AUMC collects non-perishable food for the ACCA pantry the first Sunday of each month (Feb. 1, March 1).

ACCA's furniture ministry needs volunteers to deliver donated furniture to needy families. AUMC's next date to assist is Saturday, Feb. 14, 8 a.m. - 12 p.m. For more information, and to volunteer, contact Brad Rothermel, bigbadbrad63@hotmail.com, 703-256-3511. Volunteer office assistance needed to help the church office staff during busy times by answering the phone, making copies, collating, and other clerical tasks. The time commitment is minimal: usually 1-3 hours. If you are interested in adding your name to a list of folks who would be willing to be called when there is a need for a volunteer, contact Joyce Kitzmiller, jkitzmiller@annandale-umc.org or call 703-256-8330.

Times are tight; help AUMC save postage and paper costs. Sign up to receive the monthly Witness newsletter via email instead of USPS mail by contacting Dottie Rogerson, drogerson@annandale-umc.org. AUMC does not share its email lists.



Flowers on the Altar Needed

If you would like to place flowers on the altar in memory or honor of a loved one, please circle the date(s) you wish and return the form below along with a check, made payable to AUMC. Cost: \$25 per arrangement. Flowers are not placed on the altar on the first Sunday of each month, Communion Sunday; Easter Sunday and the Sunday before Christmas have special flowers.

January				25
February		8		22
March		15	22	29
April		12	19	
May		17	24	
June		14	21	28
July			19	26
August	9	16	23	30
September			20	27
October		11	18	
November	8	15		29
December				27

Name of Donor: _____

Phone: _____

In Memory of In Honor of (check one)

I/we wish to leave the flowers for distribution to shut-ins or those in the hospital. YES _____ NO _____

MINISTRY MEETINGS

Tues., Jan. 27	SPRC	7 p.m.	Room 210
Tues, Feb. 3	Trustees	7:30 p.m.	Room 303
Wed., Feb. 4	Stephen Ministry	7:30 p.m.	Room 303
Tues., Feb. 10	Finance Committee	7 p.m.	Room 210
Tues., Feb. 10	Missions Committee	7 p.m.	Room 302
Tues., Feb. 17	Church Council	7:15 p.m.	Room 302

Inclement Weather Announcements: When the weather is severe enough to cancel services/activities, information will be recorded on the office voice mail system. Call 703-256-8330 to hear the recorded message or visit the website www.annandale-umc.org.

Donations of new or gently used clothing

for infants and children are being collected for families who live around the Heritage Drive campus. A Children's Clothes Closet collection box is located on the third floor of AUMC Parent Resource Area (near room 311). The Children's Clothing Closet needs volunteers. For information call Betsy Clevenger at 703-425-6424.



(Lenten Study, Cont. from pg. 1)

As with a marathon runner, the secret to winning the race lies not in trying harder, but in training consistently—training with the spiritual disciplines. Paved with humor and sparkling anecdotes, *The Life You've Always Wanted* is an encouraging and challenging approach to a Christian life that's worth living—a life on the edge that fills an ordinary world with new meaning, hope, change, and joy. This study includes sermon series, book study, DVD sessions, and small group discussion. Visit the Discipleship table in Wright Hall Sunday mornings to purchase a book and to learn more about discussion groups. For more information, please contact Rev. Cynthia Johnson-Oliver, cjohnsonoliver@annandale-umc.org or call 703-256-8330.

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Annandale United Methodist Church

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WEEKLY VOLUNTEERS

Sunday, Jan. 25

Door greeters: 8:10 a.m. E. Wilson, C. Cox, S. Naugle;
9:30 a.m. M. Pearson; 10:30 a.m. W. Ward, E. Moss
Welcome Desk: 8:30 M. McCarthy; 11 a.m. A. Gribben
Fellowship hour: In His Steps Class
Ushers: 8:30 a.m. J. Clarke, A. Cogswell, S. Kenski,
S. Fleming (c)
11 a.m. A. Bretzfelder, L. Bretzfelder, A. Grier,
R. Gordon, R. Witkowski (c)

Sunday, Feb. 1

Door greeters: 8:10 a.m. R. Hampton, W. Lord, J. Schnur;
9:30 a.m. D. Ruhter; 10:30 a.m. D. Johnson, R. Bruns
Welcome Desk: 8:30 L. Miller/V. Cannon; 11 a.m. K. Nietzey
Ushers: 8:30 a.m. S. Chase, A. Cogswell, D. Pemberton,
E. McKenney (c)
11 a.m. W. Annan, E. Carrillo, J. Thomas,
P. Shockley (c)

Sunday, Feb. 8

Door greeters: 8:10 a.m. J. Beyer, J. Maxwell, K. Redden;
9:30 a.m. B. Otto; 10:30 a.m. W. Ward, E. Moss
Welcome Desk: 8:30 J. Lord; 11 a.m. K. Nietzey
Ushers: 8:30 a.m. J. Clarke, R. Roberts, G. Sherfey,
P. Sherfey (c)
11 a.m. S. Fleming, C. Perdue, P. Straub,
P. Snitzer (c)

Sunday, Feb. 15

Door greeters: 8:10 a.m. J. Vance, S. Naugle;
9:30 a.m. M. Pearson; 10:30 a.m. D. Johnson, R. Bruns
Welcome Desk: 8:30 S. Kenski; 11 a.m. A. Gribben
Ushers: 8:30 a.m. S. Chase, J. Haymaker, D. Pemberton,
K. Sabo (c)
11 a.m. A. Bretzfelder, L. Bretzfelder, R. Gallagher,
P. Adams (c)

NEXT DEADLINE:

Friday, Feb. 6 is the deadline for the Feb. 17 Witness which covers Feb. 22 and Mar. 1, 8, 15, and 22.