



# AUMC WITNESS

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

Annandale United Methodist Church  
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We are a Stephen Ministry Church

February 17, 2015

## Spirituality That Transforms

*And Jesus was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. - Mark 9:2c-3*

The season of Lent is always preceded by Transfiguration Sunday in the liturgical calendar. Last Sunday, Feb. 15, we read the Gospel passages that recount the transfiguration of Jesus, when Jesus appeared on the mountain in dazzling white clothing, alongside Moses and Elijah. It is a miraculous, life-changing moment, particularly for the disciples who witness the event and become certain that Jesus is the Messiah. Nevertheless, those disciples must depart from the mountain and resume the daily work of spiritual growth and ministry even as Jesus speaks of dark days ahead.

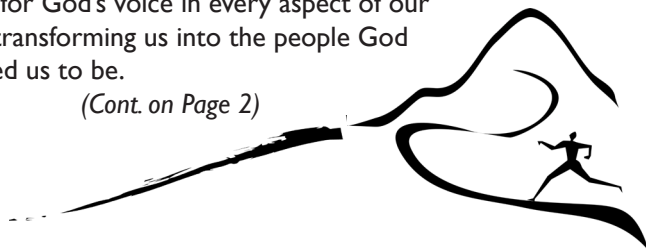
This reminds me of the transition from Transfiguration Sunday to the Season of Lent. The dazzling white of transfiguration is followed by the black soot of Ash Wednesday. The faithful begin a more earnest focus on the spiritual disciplines of prayer, fasting, study of scripture, and service. Churches, including ours, offer Lenten studies, prayer groups, weekly services, quiet days, and fasts. Through these practices, many hope to develop a spirituality that transfigures, that transforms us into our highest selves.

As we enter this season of Lent, I have a few reflections on developing a transformative spirituality.

### I. **Spiritual transformation is not achieved by trying but by training.**

This concept comes from our church's Lenten study book, John Ortberg's *The Life You've Always Wanted: Spiritual Disciplines for Ordinary People*. Ortberg presents spiritual disciplines as the path to transformation. He uses the illustration of an athlete who wants to run a marathon. The athlete could simply wait until the day of the race and try to run the marathon or she could train regularly in the months and weeks leading up to the race. Obviously that latter approach would yield the better result. The same is true in numerous pursuits, whether athletic, academic, or artistic. Excellence is achieved, not by trying, but by training and consistent practice. The same is also true of spiritual growth. Spiritual disciplines, practiced regularly, train us to listen for God's voice in every aspect of our lives, transforming us into the people God created us to be.

*(Cont. on Page 2)*



**LENTEN CALENDAR**

**Lenten Communion**, 6:30 p.m., Sanctuary, every Wednesday through March 25

**Wednesday Night Together**, Feb. 25, 5:45 p.m.

**Lenten Quiet Day**, Wed., March 11

**Wednesday Night Together**: March 11, 5:45 p.m.

**Easter Festival**, Sat., March 21, 10:30 a.m.

**Wednesday Night Together**: March 25

**Palm Sunday**, March 29

**Maundy Thursday**, April 2, worship 7:30 p.m.

**Good Friday, April 3**, 12 - 3 p.m. Little White Church open for prayers; 7:30 p.m. worship, sanctuary

**Easter Sunday, April 5**, worship 6:30, 8:30, and 11 a.m.

**Easter Adult Sunday School**, speaker Rev. Dr. Kendall Soulen

## This Issue of the Witness:

Page 2: Cover Story, Continued  
News in Brief

Page 3: News in Brief  
Circle News

Page 4: Ministry Meetings  
Weekly Volunteers  
AUMC Foundation  
Witness Deadlines

## Spirituality That Transforms, Cont.

### **2. Spiritual disciplines are means of grace through which we become open to God's transforming power.**

I like this sentence not only because it is true, but also because it makes me a good Methodist! John Wesley, the founder of Methodism, included attending the means of grace, as the third of his three general rules. He emphasized the spiritual disciplines of public worship and sacrament, private and family prayer, bible study, and fasting. Other spiritual disciplines include meditation, solitude, guidance, and service. According to Bishop Reuben Job, in Three Simple Rules, "Spiritual disciplines keep us in that healing, redeeming presence and power of God that forms and transforms each of us more and more into the image of the One we seek to follow." For some, the word "discipline" may inspire guilt or judgment, as though we are being graded on our spiritual lives. Try to see them, instead, as spiritual practices that open the door to experiencing God's love (not judgment) and grace (not guilt).

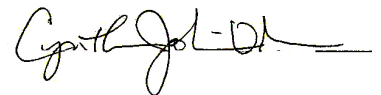
### **3. Transfiguration happens on the mountain, but transformation happens in the valley.**

Many people have had mountaintop experiences or special encounters with the Divine. These experiences can be life-changing, even miraculous, as God is revealed in new ways. But the true work of transformation begins after the mountaintop,

in the valley of life's complexities and difficulties. There, we must daily choose to develop spiritual habits that will develop our character over quick fixes and instantly gratifying solutions. These may feel like thankless tasks. Transformation takes place inside the chrysalis, when no one is watching, where the hard work of growth and development occurs. Compare the runner who does not receive a medal for waking up before dawn to run five miles every morning. Consider the musician who receives no award for practicing scales. Both, however, are better prepared for performance day because of their steady, persistent preparation. Likewise, spiritual disciplines are the hidden works that, over time, lead us to a closer walk with God and prepare us to answer our calling and fulfill our life purpose.

During this season of Lent, choose one or two spiritual disciplines to develop. Commit to consistent practice over the next 40 days. Let us together experience a spirituality that transforms and transfigures.

Blessings,



Rev. Cynthia Johnson-Oliver

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**Hard boiled eggs** are needed for Safe Haven. The number of guests who are homeless continues to grow and hard boiled eggs are a popular protein entrée at breakfast. To donate hard boiled eggs or raw eggs, contact Joni Laurence at [laurence4school@verizon.net](mailto:laurence4school@verizon.net) or 703-941-7481 or Erin McKenney at [hoopsfan1@verizon.net](mailto:hoopsfan1@verizon.net) or 703-403-1742.

**Help make sandwiches:** Join the fun making 600 sandwiches on the fourth Tuesday of each month (through June) at 1 p.m. (next on Feb. 24) for the Poe Middle School after school program. Volunteers meet in the Fellowship Hall, Heritage Drive campus. For more information, call Betsy Clevenger at 703-425-6424.

**Volunteers are needed** to prep and serve after-school meals at Poe Middle School one Tuesday per month. For more information, contact Sheila Kyer, 703-981-6080 or [Kyer027@aol.com](mailto:Kyer027@aol.com).

**The Youth are raising funds** for a summer mission trip. You can help the youth and get an AUMC magnet for your car by making a suggested donation of \$5. Magnets are available in the church office.

**AUMC's Heritage Drive Tutoring Program** assists elementary and middle-school students on Wednesdays from 3:30 to 5:30 p.m. To volunteer as a tutor, receptionist, helping with snacks, or in some other way, contact Jerry Beyer at [beyerga@gmail.com](mailto:beyerga@gmail.com) or 703-399-1395.

**Are you curious about AUMC's international missions?** Are you interested in participating in any of the upcoming trips to Mozambique (May), Brazil (August), or Haiti (January)? If so, please come to an information session on Sunday, Feb. 22 in the sanctuary at 10 a.m. (between services) or at 12:15 p.m. after the second service. Team leaders will discuss plans for the teams, timing, costs and any other questions you might have. If you are interested, but unable to attend, contact Erin McKenney for Mozambique ([hoopsfan1@verizon.net](mailto:hoopsfan1@verizon.net) or 703-403-1742), Ryan Witkowski for Brazil ([witkowskir@gmail.com](mailto:witkowskir@gmail.com) or 703-635-6062), or Mark Bradley for Haiti ([bradleyfam@aol.com](mailto:bradleyfam@aol.com) or 703-390-2726).

**Upper Room Readers are available** each month and can be picked up from the brochure racks by the front door. To help off-set the costs, those who take the monthly devotional booklets are requested to contribute \$5. Checks should be made to AUMC with "Upper Room Reader" in the note line. Checks can be brought in or mailed to the church office.

**The Annandale Book Lovers** meet the third Sunday of every month, 7 p.m. in the parlor, and everyone is welcome. On March 15, the group will discuss *The Man With Ruby Eyes* by Michael Gryboski. Michael is a local author and plans to attend the meeting.

**English as a Second Language** meets Tuesdays, 7-9 p.m., through May 12, AUMC Heritage Campus, 7901 Heritage Dr.

# NEWS IN BRIEF

**Come to Connect**, a time of exploration and discernment of what it means to be a disciple of Jesus Christ at Annandale UMC, which will meet March 1 and 15, 9:45 a.m., and be led by the Rev. Dr. Clarence Brown, Jr. The informal format will include time for Q&A. This gathering is especially for visitors and potential new members, but everyone is welcome.

**Young Adults** will meet March 1 and 15 for lunch and discussion at 12:30 p.m. in room 210. Light lunch will be provided. For information, contact Rev. Eduardo Carrillo, [ecarrillo@annandale-umc.org](mailto:ecarrillo@annandale-umc.org).

**Everyone is welcome!** 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 and Communion 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](mailto: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. The menu for Feb. 25 will be parmesan-crusted tilapia, pasta Alfredo, roasted cauliflower, Caesar salad, and chocolate cake. The menu for March 11 will be stuffed shells, meatballs, salad, garlic bread, Tiramisu cake.

**A brief Lenten Communion Service** will be held in the Sanctuary every Wednesday, 6:30 p.m., through the end of March.

**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. Cost is \$25/person; \$35/couple, and child care is \$15 per family. Register online at [www.annandale-umc.org](http://www.annandale-umc.org) and click on "Academy of Discipleship." For information call 703-256-5244 or email [mday@annandale-umc.org](mailto:mday@annandale-umc.org). Registration forms are also available in the church office.

**Early Registration:** AUMC members are eligible for priority registration for the AUMC Weekday Preschool and the Early Learning Program from Feb. 24 through March 2. For more information, call 703-256-1100.

**If I had a hammer:** Christmas in April (Rebuilding Together) will be Saturday, April 25, and volunteers are needed for half a day or the entire day. This is AUMC's 15th straight year. AUMC will team up with ACCA/St Barnabas Episcopal on a local house repair project to a deserving family or Fairfax County group home. The AUMC team may include AUMC youth (age 14 and over), AUMC young and older adults for fun and rewarding work. This project is sponsored by the Missions Committee and ACCA. This is a great opportunity for Community Service Hours. Anyone interested joining the team or fixing a treat for the workers should email John Clarke, [clarkeh1@gmail.com](mailto:clarkeh1@gmail.com).

**AUMC's adult mission trip** to Brenton, WVA with the Appalachian Service Project (ASP) is set for Oct. 5-11, 2015. The team will do relational ministry and home repairs - typical ASP projects - including roofing, drywall and insulation, wheelchair ramps, plumbing, electrical, foundation repair, painting, stair and floor repairs. Volunteers can go for the full 7 days (5 work days and 2 travel days) or a shorter week. Some volunteers may go on Wednesday afternoon, work 3 days and return Sunday. Cost for the 7-day trip is \$450 and includes transportation, lodging, meals and all construction materials. Cost for the shorter trip is \$300. If interested, email John Clarke, [clarkeh1@gmail.com](mailto:clarkeh1@gmail.com). Commitments are needed with a nonrefundable deposit of \$225 (7 days) or \$150 (4 days).

**ACCA's furniture ministry** needs help to deliver donated furniture to needy families. AUMC's next date to assist is Saturday, March 28, 8 a.m. - 12 p.m. For more information, and to volunteer, contact Brad Rothermel [bigbadbrad63@hotmail.com](mailto:bigbadbrad63@hotmail.com) or 703-256-3511.

**Clothe the children:** Donate new or gently-used clothing for infants and children whose families who live near the Heritage Drive campus. A Children's Clothes Closet collection box is located on the third floor of AUMC near room 311.

**Feed the hungry:** 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. Donations of non-perishable food are collected the first Sunday of every month for ACCA (March 1) and the third Sunday (March 15) for the Heritage Drive food distribution program.

**Scholastic Book Fair:** The AUMC Weekday Children's Programs will sponsor a Scholastic Book Fair Tuesday-Thursday, March 17 - 19. If you have a young child (age 1-8) in your life, consider adding to their library or Easter basket and supporting the weekday programs with book purchases at the Fair.

## CIRCLE NEWS

**DEBORAH:** Mon., Mar. 9, 7:30 p.m., AUMC Rm 210. Pat Shattuck will present a book on travels and mission work in Tibet. Hostess: TBA. Dev.: TBA.

**LYDIA:** Thurs., Mar. 12, 10 a.m., AUMC Rm 209. Prog.: TBA. Hostesses: Sally Bizer and Rosemary Perdue. Dev.: Shirley Bailey.

**MARTHA:** Mon., Mar. 23, 1 p.m., Heritage Campus Fellowship Hall. Prog.: A new book study of *Great Women in Christian History*. A devotion and light refreshments will be served.

**M&M's:** Sat., Mar. 21, 8 a.m. At the home of Pat Sherfey. Hostess: Emma Clay. Dev.: Jolie Fleming.

**As always, new members and guests are welcome at all circle meetings!**

## MINISTRY MEETINGS

Tues., Feb. 24	SPRC	7 p.m.	Room 210
Tues, Mar 3	Trustees	7:30 p.m.	Room 303
Wed., Mar. 4	Stephen Ministry	7:30 p.m.	Room 303
Tues., Mar. 10	Finance Committee	7 p.m.	Room 210
Tues., Mar. 10	Missions Committee	7 p.m.	Room 302
Tues., Mar. 17	Church Council	7:15 p.m.	Room 302
Tues., Mar. 24	SPRC	7 p.m.	Room 210

**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](http://www.annandale-umc.org).

### AUMC WITNESS

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**The AUMC Foundation** was created to receive and administer gifts to the church to help meet the church's future ministry, mission, and outreach needs that are beyond the scope of other funding. As of Dec. 31, 2014, the Foundation portfolio included approximately \$1.6 million. Most of these funds were received through bequests stipulating the purpose of the gift and that only earnings be available for use each year, preserving the principal for the future. In 2014 the Foundation Board disbursed approximately \$180,000 based on requests from program ministry areas and other entities in accordance with donor stipulations. This amount included funds for:

- renovation of the air-conditioning/ventilation system near the Media Center
- replacement and upgrades of office computers
- ACCA
- the Lenten Mission Project
- the 100,000 Homes Project
- the Culmore Clinic
- Boy Scout Troop #150
- other education, worship, and facilities' maintenance needs.

Planned gifts to the AUMC Foundation through bequests, life insurance, and life income plans, are attractive ways for many donors to "continue giving" into the future. These types of gifts should be planned with a financial advisor or attorney. If you have any questions, contact Bill Iwig, President of the Board of Directors, at 301-365-7532.

## WEEKLY VOLUNTEERS

### Sunday, Feb. 22

**Door greeters:** 8:10 a.m. J. Maxwell, K. Redden, W. Lord;  
9:30 a.m. D. Ruhter; 10:30 a.m. W. Ward, E. Moss

**Welcome Desk:** 8:30 a.m. M. McCarthy,  
11 a.m. D. Johnson, D. Johnson

**Fellowship hour:** Trustee Committee

**Ushers:** 8:30 a.m. A. Cogswell, S. Kenski, R. Gordon, S. Fleming (c)  
11 a.m. A. Grier, C. Jones, C. Jones, R. Witkowski,  
P. Snitzer (c)

### Sunday, Mar. 1

**Door greeters:** 8:10 a.m. S. Fleming, J. Beyer, R. Hampton;  
9:30 a.m. B. Otto; 10:30 a.m. R. Bruns, D. Johnson

**Ushers:** 8:30 a.m. S. Chase, S. Naugle, G. Sherfey, P. Sherfey (c)  
11 a.m. R. Gallagher, C. Perdue, J. Thomas, R. Gordon (c)

### Sunday, Mar. 8

**Door greeters:** 8:10 a.m. J. Vance, B. Brown, S. Naugle;  
9:30 a.m. M. Pearson; 10:30 a.m. W. Ward, R. Bruns

**Ushers:** 8:30 a.m. J. Haymaker, D. Pemberton, R. Roberts,  
E. McKenney (c)  
11 a.m. S. Fleming, A. Grier, P. Straub, R. Witkowski (c)

### Sunday, Mar. 15

**Door greeters:** 8:10 a.m. R. Hampton, W. Lord;  
9:30 a.m. B. Otto; 10:30 a.m. D. Johnson, E. Moss

**Ushers:** 8:30 a.m. A. Cogswell, G. Sherfey, K. Sabo,  
P. Sherfey (c)  
11 a.m. W. Annan, E. Carrillo, R. Gallagher,  
P. Shockley (c)

### Sunday, Mar. 22

**Door greeters:** 8:10 a.m. R. Hampton, W. Lord;  
9:30 a.m. B. Otto; 10:30 a.m. D. Johnson, E. Moss

**Ushers:** 8:30 a.m. S. Chase, J. Clarke, S. Kenski,  
S. Fleming (c)  
11 a.m. S. Fleming, C. Jones, C. Jones, P. Adams (c)

## NEXT DEADLINE:

Friday, Mar. 13 is the deadline for the Mar. 24 Witness which covers Mar. 29 and Apr. 5, 12, and 19.