

# Silver Foxes Group

## Lenten Study

Lenten luncheons will be held on Tuesdays, March 22, 29, April 5 and 12 at 11:30 a.m. in Fellowship Hall. Lunch is provided for a \$4 donation. Bring an extra dollar if you wish it to be used for grocery cards for people needing assistance.



What if what happened then changes everything now? Here are the topics for each week:

**March 22** - My Life Has a Purpose

**March 29** - My Life Can Change

**April 5** - My Pain Is Understood

**April 12** - I Have a Hope That Never Dies

Our program is called "The Easter Experience."



## Flower Chairperson Needed

Because of personal circumstances, our current chairperson, Edna Carington, can no longer continue volunteering with the flower ministry. Our thanks to Edna for her faithful service in this area.

Duties include various aspects (i.e., Sunday arrangements, rosebuds for births & Christmas & Easter flower dedications). To find out more about this position, or if you think you might be interested in taking over, call Susan Gause our Worship Committee Chairperson, at 703-560-5579.

## CHURCH NEWS

**ANNA "MARIE" GLASENER BLACK** of Plano, Texas passed away on February 7, 2011. Marie was an active GRUMC member from 1952-1974. Just two months shy of her 100th birthday, she was born on April 6, 1911 in Detroit, Michigan to Lewis Lawrence and Anna Olive (Pound) McBride.

Marie was married to Paul Glasener on September 19, 1931 in Mayfield, New York. Paul and Marie moved to Northern Virginia during World War II when Paul was working for the US Agency for International Development (AID). Marie resided in Northern Virginia for over 50 years before moving to Frisco, Texas in 1997 at the age of 86. According to Marie, a steady diet of Hershey's bars, Earl Grey Tea, a strong belief in religion and the love and support of her family and friends contributed to her long life. Marie was active in the Methodist Women's Society, Wesley

Theological Seminary, and Ferrum College, holding elected positions and traveling the Northern Virginia area as a speaker. She was preceded by Paul who passed away in 1986 after 54 years of marriage.

Marie married Norman "Larry" Black on October 20, 1990 in Annandale, Virginia who also preceded her in death in 2005. The two widows met in a bowling league and Marie continued to prove that you're never too old to keep living life to its fullest.

She is survived by her son, Lewis Paul Glasener and his wife, Kathryn Sawetz of Vienna, Virginia; daughter-in-law, Nora W. Natof of Frisco, Texas, and many grand and great-grandchildren.

Marie is buried in Nashville Cemetery, Nashville, Ohio.

Obituary from *The Washington Post*, 2/13/11



# The TeleGraham

March/April 2011

Volume 2 - No. 2

## ENGLISH AS A SECOND LANGUAGE (ESL) CLASSES

The *English as a Second Language* classes for the Spring term are in full swing at GRUMC. We've enrolled 30 students and offer classes in *Beginning*, *Intermediate*, and *Advanced* levels. Mr. Ed Maldonado, the local Director of classes, also teaches a class that emphasizes speaking and writing. Citizenship Classes are offered also when requested. There are seven teachers and four volunteers. The current term will end on Saturday, April 2.

Our next session begins with Registration on April 30, with classes meeting each Saturday, 10 am to noon, May 7-June 25.

For more information about classes or to volunteer to help, please contact Ed Maldonado, 703-898-7574.

## Rejuvenate Your Soul

"*Prayer that Bears Fruit in Our Lives*" will be presented by Dr. Roberta C. Bondi at Mount Olivet UMC @1500 N. Glebe Road, Arlington, 22207, on Tuesday, March 22 from 7-9 p.m. The cost is \$20.

Dr. Bondi retired from the Candler School of Theology as Professor of Church History, and is the author of *To Love as God Loves* and *To Pray & to Love*, as well as many other books.

Contact Sharon Sheldon at the Arlington District Office (703-820-7200) to register.

Your second opportunity is a directed spiritual retreat from 1 pm Tuesday, May 10 through 3 pm

Thursday, May 12, in Kearneysville, WV.

"*Finding Spring Pasture: A Nurturing Time with God*" will give you time *apart* to give God your full attention. There will be community worship and meals, individual spiritual direction, prayer, and free time for nature walks, resting and reflecting.

The cost per person for single occupancy is \$213; \$187 for double occupancy. Registration deadline is May 3.

Contact Pastor Marable or Susan in our church office for a brochure with registration form.



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Deadline for the May/June 2011 Newsletter is Friday, April 15, 2011

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## Preschool & Child Care Center

Post office day for the children involved a "postman" here to sell them stamps to put on their Valentine which was addressed to their homes. The postman also read a story about the mail and how it will get to their homes.

Thursday, March 3, the children will experience a program from a dentist, which is an activity they always enjoy. The dentist teaches them how to correctly brush their teeth and the importance of not eating too many sweets.

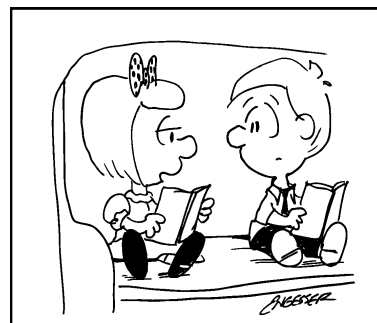
The Fire Puppets will be with us sometime in April. They present a play for the children and if available, a real fire engine comes to let the children explore and hear about. The only other guest we will have is a vet sometime in the spring.

This year our Children's Sabbath will be Sunday, May 1. The children in both the Preschool & Child Care are already practicing their songs with music teacher, Ms. Lisa.

Thursday, May 12, a woman will come to talk to the children about recycling. Both the Preschool and Child Care are already recycling.

School photos for both groups will be taken by "Splendid Portraits" again this year.

**THE PRESCHOOL HAS A "FAMILY GAME NIGHT" ON MARCH 12 FROM 4 PM TO 7 PM IN THE FELLOWSHIP HALL.**



"No, Peter Cottontail was not an apostle!"

# United Methodist Women

## MARK YOUR CALENDAR

- | **March 4:** CWU World Community Day, St. Patrick's Episcopal Church, Falls Church, 10:00 a.m. (bring a bag lunch, drinks & dessert provided)
- | **March 19:** Assembly & Salad in our Fellowship Hall @ 12 noon. Bring a salad to share. Doris and Lisa will show photos from their trip to the UMW Assembly in St Lewis.
- | **April 9:** Prayer Breakfast, Pleasant Valley UMC
- | **May 13-15:** VA Conference Spiritual Life Retreat, VUMAC
- | **May TBA:** UMM/UMW Yard Sale, 8:00 a.m.-2:00 p.m.
- | **June 4:** UMW Day at Ferrum College
- | **June 11:** District Day Apart, location TBA



## "Breaking the Silence"

In the 1990's managed health care systems began dictating the length of stay for people seeking treatment from substance abuse. Many half-way or three-quarter houses had only a limited number of beds available, and the length of stay was often not enough to effectively facilitate a recovering addict's transition from treatment back into the community.

Ms. Beth Fisher and a friend named Wick Hatch started a recovery center in 1996 in Smyrna, Georgia, called *Hope Homes, Inc.* This facility focused on building a healthy, balanced life-style for ongoing recovery and preparing individuals for independent living. Residents stay in the program for at least 6 months and can reside there for up to 2 years. Residents receive life skills

classes for ongoing recovery, on-site counseling, 12-step guidance and support, job skill training, and assistance in enrolling in school.

Women are the fastest-growing segment of substance abusers in the U.S. and make up a fourth of all abusers. Recovery programs are increasingly taking women's unique needs into consideration and developing gender-specific recovery services specifically designed for addicted women and their families.

Submitted by  
 Marie Lukac  
 (from Jan. 2011 Response)



## Missionary (continued from p.6)

*had a mattress to give away. I called Pat and found out she still needed one and asked the family with the mattress to take it to Pat. After the family delivered the mattress, Pat called and left a message thanking me for helping her. About three months later, Pat saw me and thanked me again for helping her."*

Judy appreciates anyone's support of her work whether it be prayers, finances or friendship.

*Submitted by Ruth Bucklin*

# “The Scoop” from the

## President’s Corner

Doris Douglass



\*Excerpted from UMW News, Vol 3/Numbers 3-4

### An Earth Day Celebration\*

Founded in 1970 and observed on **April 22** in over 175 countries, **Earth Day** is a celebration of the environment and world environmental issues. In 2010, residents of the Brooks-Howell Home, A United Methodist Women-supported retirement community for deaconesses and missionaries located in Asheville, NC, hosted activities in support of Earth Day.

After enlisting the support of the facility’s chief gardener David Williams, the group decided to plant trees on Earth Day. Residents led the fundraising efforts and once the

Brooks-Howell Home board witnessed the commitment and enthusiasm of the residents, they voted and decided to add to the fund.

On the morning of April 22, a large group of residents, both ambulatory as well as wheelchair limited, met outside the Cummings Health Unit and planted their very first Earth Day tree, an apple sprout. After the tree was planted, the group moved to the chapel where the congregation participated in “Body Recall,” a rhythm dance, and sang hymns that celebrated the beauty of the world and the creativity of our Maker.

## Thoughts...

- ◆ If we are to have any impact on the world, we must add feet to our faith and hands to our love.
- ◆ We are more successful when we *hear* people out than when we *shut* them out.

## Judy Matheny, Missionary

Fritzi Johnson Circle members and others in our church receive letters from Judy who is a Church and Community Worker with **United Methodist Ministries** in Gary, WV.

Judy’s birthday is in February and in recognition, the Circle sends her a box every year. However, it doesn’t get mailed until mid-March. If you would like to send a card or gift, give it to Doris Coverston. Judy enjoys cards and notes which we add to the box.

When Judy writes to us, she includes “stories” about those she works with in Gary. As Christians, all of us have a responsibility to be the voice to share the pain and suffering (or joys) of others in order to help situations change. Sometimes the people will ask to have their story told because they want everyone to know what is happening to them.

In WV Judy is able to help people because of the support provided by The United Methodist Ministries.

Here’s one of Judy’s stories about Pat: *“Pat asked for help with an electrical bill of \$108. Her house had been in the flood and she needed help cleaning out mud. She also needed some other items such as a mattress. I was able to help her with the electrical bill to keep her electricity from being disconnected. I gave her name to a group who had work teams helping people clean up after the flood. About a month later, a low income family with whom I worked told me they*

*(continued on p.7)*

## A Note from the Pastor



Dear Graham Road Church Family,

The groundhog didn’t see his shadow; so, if I understand it correctly, we can expect an early spring. This is wonderful news! As encouraging as that news is, we realize that some real challenges will be part of the landscape of our lives in the near future. These challenges, too, are signs of the times.

I remember when the recent recession in this country began to make headlines; I would hear some of our members say that there was no recession in Northern Virginia and certainly not in Falls Church. They thought that we were insulated from economic woes so apparent in the rest of the country because of government jobs and the number of highly educated people who live in

our area and many other socio-economic factors that generally work in our favor. While this may be true, now we all agree things have changed for us as well. We all have to tighten our belts these days and we are all feeling the rub. Most of us have found it necessary to take a closer look at our expenditures and our lifestyles.

The novel, Little Women, by Louisa Mae Alcott, begins with the words, “*Poverty is the mother of invention*”. I think that is true. Difficulty in life often inspires us to be creative and think outside the box. I heard about a small community that is trying to help one another get through hard times by establishing a talent exchange. For example, one mother there, a beautician, agreed to style a local teacher’s hair weekly in exchange for tutoring lessons for her son. Such times tend

also to cause us to re-evaluate what is most important in life: to focus less on what we want and more on what we actually need. We are reminded of what is basic. One of our deepest needs in life is the love of God which is available to us in all times and seasons.

To emphasize this point I am planning a new Bible Study this spring entitled: “*How God Takes Our Little and Makes it Much*”. Please join me each Tuesday from April 26 to May 28 for this Bible-based video study by James W. Moore. We will begin at 1:30 and will proceed to delve into this interesting and timely subject for one hour. I look forward to seeing you there!

Happy Spring and all God’s blessings,

*Marable*

## Openings in the Bell Choirs

We have openings in either of the Bell Choirs. The Sunday group meets in Sunday mornings from 9-9:45 a.m. The Monday group meets Monday night at 6:45-7:45.

Both groups play approximately 5 times a year, taking the summer off. It's lots of fun and you don't have to be able to read music. If you love the idea of making beautiful music, give it a chance.

Contact Susan Gausz, Handbell Choirs Director, at 703-560-5579.



# Witness/Outreach Updates & Opportunities

Many donations of food items and monetary funds were received for the Falls Church Winter Emergency Shelter we supported January 15 and February 19. A hot dinner was provided for the clients on those dates as well. Many thanks to those who contributed and to those who shopped and delivered. Special thanks to our Methodist Men's group for their donations of money and ham dinners.

On February 28, lunches were prepared and taken to Holy Trinity Lutheran Church for the Hypothermia Center there.

*Initiatives of Hope* is the Virginia Conference Mission emphasis and it will be featured during the Sundays of Lent during the

worship service. Short mission moments will be presented on Mozambique and Brazil. Donation envelopes may be returned during Lent. The donations will go toward GRUMC's Conference offering.

### Just a Reminder

Food items may be brought to church continuously for the FCS food closet at Knox Presbyterian Church.



Also, a portion of the communion offering goes toward grocery cards for those who request aid from our church.

### "Kits for Conference"

Every year the Virginia Annual Conference participates in *Church World Service Kits*. They are small packages of supplies assembled by

volunteers from congregations and groups, as well as individuals and families. The contents of each Kit (Hygiene Kit, Baby Care Kit, School Kit, Emergency Clean-Up Bucket) are simple, small things - new pencils, washcloth, toothbrush, cleaning supplies - but having or *not having* them can make a world of difference in an ongoing development program or when disaster strikes. Because Kits matter, please follow exactly the instructions for each one. Contents have been selected with care based on years of experience. Cash donations in lieu of assembled Kits also help provide the much needed supplies.

Our Fellowship Hall bulletin board has a complete listing of each Kit, or you can find information at [www.churchworldservice.org](http://www.churchworldservice.org) (click on "Kits" at top right)

## Pastor's 6-Week Study Series

Pastor Marable Southall-Vess is offering a six-week study by Dr. James W. Moore entitled "*How God Takes Our Little and Makes It Much.*" This group will meet at 1:30 PM for six consecutive Tuesdays in the Fellowship Hall. The dates for this class will be April 26, May 3, 10, 17, 24 and 31. There will not be an evening class this time.

To sign up, please contact the church office or speak with Pastor Marable.

## HOLY WEEK WORSHIP SCHEDULE

**Sunday, April 17:**

Palm Sunday Service, 11 am

**Thursday, April 21:**

Holy Thursday Service, 7:30 pm

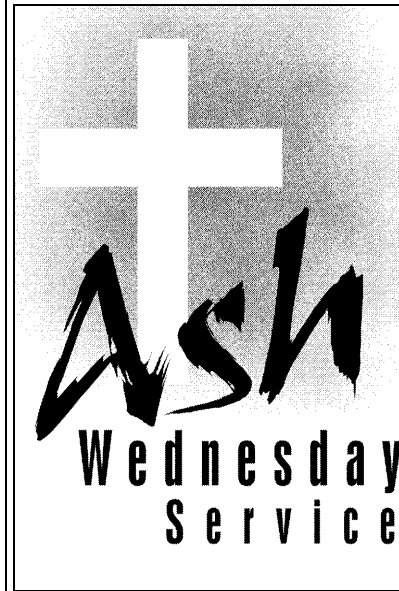
**Friday, April 22:**

Good Friday Service, 7:30 pm

**Sunday, April 24:**

Easter Day Service, 11 am

Wednesday, March 9 - 7:30 pm



The people of  
**Graham Road  
U. M. Church**  
are invited to the  
**combined-churches  
service at**

*Holy Trinity  
Lutheran Church*  
3022 Woodlawn Ave.  
Falls Church, VA 22042

## Help Getting Organized

On Thursday, March 3 at 7 p.m. in Fellowship Hall, the **Pre-school** sponsors a *Parent Night Out* with speaker C. Lee Cawley, a Certified Professional Organizer from *Simplify You*. (\$5 cover fee; no babysitting)



This event is open not only to preschool parents but also to our church family. If you are in need of getting organized, please feel free to attend.

## Green Thumb Gardening Project: Help with Seed Donations

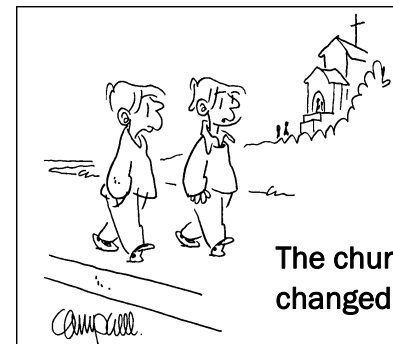
Collecting February 27 ~ April 3

Donate a packet or more of seeds to help senior citizens, unemployed, families on fixed incomes, and families on low incomes to help themselves. We can use the following types:

Beets	Broccoli	Cabbage	Cauliflower
Corn	Cucumbers	Green beans	Herbs
Lettuce	Melons	Peppers	Radishes
Spinach/greens	Squash/pumpkins	Turnips	Wax beans
Zucchini			

Please no tomato or potato seeds

The Fritzi Johnson Circle of the UMW is collecting these seed packets to support the Jackson Area Ministries in Jackson, Ohio. Leave your seeds in the basket in the hallway by the Music Room. Thank you!



The church sure has changed since I was a kid.

### Church Giving Summary

Received January 2011: \$23,748  
Needed January 2011: \$26,004