



# GOOD NEWSLETTER

Clarendon United Methodist Church — August 2018

## Busy: Reconnecting with an Unhurried God

*“Come to me all you who are weary and are carrying heavy burdens and I will give you rest. Take my yoke upon you and learn from me...”*

When summer begins to draw to a close, many of us find ourselves becoming more frantic as we fill our calendar with activities, prepare for school to begin, and try to meet deadlines. We brace ourselves for being BUSY. Before we know it, we are squeezing God into our schedules if time permits. *What does it cost to be so busy?*

During the month of August, we will have a worship series entitled **Busy: Reconnecting with an Unhurried God\***, which focuses on how to make room for God in this fast-paced world. We will learn to “tune in” to God through

contemplative practices and the importance of sabbath rest. Through Scripture and stories, such as that of Mary and Martha, we will learn to make choices that favor time spent connecting one-on-one with God versus checking things off of the “to-do” list.

Isn't it time you examined your own busy life to see what sacrifices you are unwittingly making in your busyness? Come join us August 5-September 2.

*“...for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden light.”*

— Matthew 11: 28-29

\* Based on the *Darkwood Brew* series

### FAITH FOOD AND FELLOWSHIP (FFF)

FFF is a 40+ year mid-week tradition that includes a worship service, lunch and program. It began as an outreach to working folks in the neighborhood, but has expanded to serving seniors and families, as well. Beginning at 12:00 noon, we have a brief 30-minute worship service led by Pastor Tracy in the Sanctuary. At 12:30 pm we convene in Corry Hall for a hot meal (\$5) followed by a program that begins at 1:00pm and lasts approximately 45 minutes. Please join us for our upcoming programs.

### SEPTEMBER 13: ALEX KOMA

Alex, a reporter for [ARLnow.com](http://ARLnow.com), will discuss what-when-where news.

### OCTOBER 11: ANDREA AND WALT BAUMAN

The Baumans will discuss WWII in the Pacific.

### NOVEMBER 8: LOST ARLINGTON

Join us for discussion and a figurative trip back through Lost Arlington Neighborhoods.

### DECEMBER 13: NANCY WHITE

Nancy, the Executive Director of Arlington Free Clinic, will be our guest speaker.

**VACATION BIBLE SCHOOL:  
BABYLON: DANIEL'S COURAGE IN CAPTIVITY**  
August 13-17, 5:30-7:30 pm



A week of lions, danger, and faith as Daniel lives a life of obedience to God. There will be dinner from 5:30-6:00 followed by stories, crafts, music, and games. VBS Babylon is for children 4 years old through 4th grade (rising 5th graders), 3 year old siblings welcome.

Want to learn more about the Bible? How and where it was written? Join the Adult VBS class evenings on August 13-17 from 5:30-7:30. Dinner will be served from 5:30-6:00 with the Animate: Bible class following. No books, pre-work, homework, and the class is free! This DVD-led class will give you new insight and a fresh outlook on what you may have thought you knew all about...The Word of God. Laura Bishop and Laura Lewis will be teaching with help from other "Laura ladies" during the course of the week.

## Outreach Update

### WINGS OF CARING

Our missionary, Pilot Jacques Umembudi Akasa, a "bush pilot" who serves in the Wings of Caring mission in the Democratic Republic of Congo, was here with us at CUMC on June 24. In



order to help Jacques deliver medical supplies and care for those in the inner reaches of this country, we are coordinating a fundraiser to purchase a year's worth of fuel. For more information please visit: [www.gofundme.com/wingsofcaring](http://www.gofundme.com/wingsofcaring)

Additionally, Pastor Tracy has been invited by the Bishop to travel to the Democratic Republic of Congo to visit the Wings of Caring operation and experience firsthand the work that is going on in the name of Jesus Christ. She will travel August 29-September 7.

## We Need Volunteers

### MEALS ON WHEELS

**Tuesdays, 10:30 am-12:30 pm**

Meals on Wheels delivers a hot and cold meal to dozens of people in Arlington who are unable to cook or need a helping hand. The CUMC team needs volunteers who are available one Tuesday a month from 10:30 am-12:30 pm to help deliver meals. It truly makes a difference in the lives of those receiving food, a cheerful smile and kind words. On-the-Job-Training provided! To learn more about Meals on Wheels, please contact Archie Sabin ([archiesabin@ownahom.com](mailto:archiesabin@ownahom.com)).

### CLARENDON DAY

**Saturday, September 22**

On September 22, Arlington holds Clarendon Day, the biggest block party in town at the Clarendon Metro. CUMC will have a booth distributing flyers and trinkets. We need volunteers to help set up and be the face of our church as we greet neighbors. Please contact Katelyn Collier to find out more ([katelyncollier@gmail.com](mailto:katelyncollier@gmail.com)).

## THANK YOU FOR OUR INDOOR CLEAN-UP EFFORT!

On Saturday, July 28, a group of 30 volunteers came to church and worked tirelessly to clean, purge, and spruce up the church. Tremendous thanks to the Trustees and all of those that pitched in to help in this massive effort. What does God have in store as we move forward?



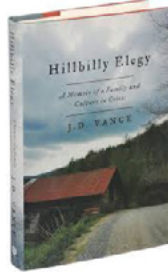
Dakota Bannach .....	08/01
Margi Melnick .....	08/01
Chloe Rodriguez.....	08/01
Aidan Christiaanse.....	08/02
Jessica Owens .....	08/03
Marion Mott.....	08/05
Jerod Brown .....	08/06
Ian Whyte.....	08/07
Lowell Larson.....	08/08
Katie Meyer .....	08/08
Madeline Cook.....	08/09
Cathy Stevenson.....	08/09
Chloe Belmont.....	08/12
Ellsie Seward.....	08/12
Mark Frazier .....	08/14
Starr Lanman.....	08/14
Andrew London.....	08/15
Brooke Petersen .....	08/15
Madeline Alexander.....	08/16
Sherry Mueller.....	08/17
Betty Quinn.....	08/18
Margaret Moore.....	08/20
Andrew Brandely .....	08/22
Drew Brown .....	08/23
Karen Darner .....	08/24
Sadie Kerby.....	08/24
Heather Parker.....	08/27
Brian Lantz .....	08/28
Gretchen Clark.....	08/29
Susan Prokop .....	08/30
Alex Grotos .....	08/31

# Upcoming Events

## SOCIAL JUSTICE BOOK CLUB

Tuesday, August 28, 7:30 pm, Church Library

*Hillbilly Elegy: A Memoir of a Family and Culture in Crisis* by J. D. Vance is the next pick for our Social Justice Book Club. Come join in the discussion of this provocative book of learning to cope and overcoming obstacles.



## CULTURE CUISINE

4th Thursdays at 7:00 pm

Once again this summer we will be exploring restaurants of different ethnicities and cultures. All are welcome to join us. We will offer carpooling from the CUMC parking lot. Contact Jane Dixon ([jdixon580jd@gmail.com](mailto:jdixon580jd@gmail.com)) if interested. Come join in fellowship and good food! Thursday, August 23, 7:00 pm (Turkish)



## HIGHROAD CHORAL CAMP SINGS AT CUMC

On Sunday, July 29, we welcomed the Highroad Choral Camp, led by Denny and Laura Edelbrock, to Clarendon. The choir featured many of our own CUMC youth choir members, and performed during our worship service as well as at an afternoon recital.



## Clarendon UMC

Pastor Tracy McNeil Wines  
606 N. Irving Street  
Arlington, VA 22201

## SUNDAY WORSHIP SERVICES:

8:30 am Informal Service

11:00 am Formal Service