



The Messenger

We enter to worship. We depart to serve.

Pastor:

Rev Charles Stacy
revers@yahoo.com

BIRTHDAYS for SEPT.

Hannah Stacy	9/1
Corrine Stanley	9/1
Debbie Durham Risk	9/2
Kelly Pucetti	9/6
Pat Clark	9/7
Dean Pucetti	9/8
Beth Winn	9/9
Todd Parker	9/14
Evan Ashby	9/16
Cheyenne Barlow	9/16
Kevin Winn	9/18
Steve Wright	9/19
Taylor Breeden	9/22
Mark Tessier	9/22
Melanie Williams	9/23
Larry Poorbaugh	9/25
Blair Ashby	9/26
Amanda Rachocki	9/26
Linda Robeson	9/27
Tiffany Bender Hampton	9/28
Becca Williams	9/29
Stan Sommerville	9/29

ANNIVERSARIES:

Alex & Karen Fedorov	9/10
Diz & Jeanne Leazer	9/16
Dave & Roxane Rachocki	9/18
Tracey & Angela George	9/23

From the Pastor's Desk...

“WOW!” That was the response most people had when the earthquake hit. Rarely do we have earthquakes in Virginia, although many can remember when there was one in Culpeper about nine years ago. Earthquakes are a routine part of life in California and Japan; however, people in these areas don't think about these seismic occurrences since they occur most every day.

Many of the Christian faith are tempted to make much of an earthquake. In the gospel of Mark it states, “For nation will rise against nation, and kingdom against kingdom; there will be earthquakes in various places; there will be famines. This is but the beginning of the birthpangs.” Are we to assume because we have experienced an earthquake that the end is near? Well, no. The reference in Mark's gospel was to the destruction of the temple in 70 A.D. Not to our society in 2011.

The only real prediction within scripture for the future is that one day God's kingdom will be everlasting to everlasting. We live in the time between the what

was (Christ came) and the what will be (Christ will come again). Don't cash in your retirement yet! We still have much to do to make God's kingdom real in this time and place.

Peace,

Charles



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Admin: Tue -Fri, 8:30 am 12:30 pm ▪ 540.439.2579 ▪ adminassistant@remingtonchurch.org ▪ www.remingtonchurch.org

Music Notes

Regular choir rehearsals will begin Tuesday, August 30 at 7 p.m. If anyone is interested in singing in the cantata this year, please let me know as soon as possible. We'd love to have many of you participate. The cantata is "Lead Me Back to Bethlehem." Rehearsals for the cantata will begin Tuesday, Sept. 6, 7-7:30 p.m., followed by regular choir practice from 7:30-8:00 p.m.

Also, we have a very interested person for the pianist position; she has played for us before.

We would love to have lots of voices for this year's cantata! Hopefully, those of you who are not sure will at least give it a try. We really are quite harmless - and you do NOT have to be able to read music! Thank you, and I look forward to hearing from you. Call me at 540.439.8298 or email: rkrich5466@gmail.com



*Blessings!
Kaye Rich*

Girl Scout Corner

Girl Scouts®

Our Girl Scout Troop took a break for the summer, but will be gearing back up in September. Our first field trip of the year will be September 21st to Fauquier FISH. We will be donating over forty boxes of Girl Scout cookies to Fauquier FISH. We will also help to stock shelves with the donations received.

Our troop enjoyed this very much last year and we are looking forward to helping again this year. We have lots of fun activities planned, so stay tuned to read about all of our adventures!

*Yours in Scouting,
Lisa Pence & Lori Queen*

IN THE NARTHEX...

Items of interest that would appear as inserts in your weekly church bulletin can now be found in the narthex.

AND ... RUMC has a Facebook page! If you're on Facebook and want to be added as a "friend," do a search for Remington United Methodist Church and friend RUMC!

RUMC Benevolence Program

Those of you who have been following my "Notes from the Treasurer" are well aware that it has not been easy to meet RUMC's financial obligations. I would like for you to know however, that in spite of our financial challenges, we have never forgotten those local families that have asked RUMC for help from time to time.

Thanks to your continuing generous contributions to the Discretionary Fund, we have been able to offer financial assistance to those in need from our local communities. In 2008, we were able to help eleven families; in 2009, twenty one families; and in 2010, twenty families.

So far this year, we have extended RUMC financial assistance to ten families to help them pay for utilities, rent, gasoline, and food. Just this week, our congregation donated children's clothes, shoes, and over \$380 in cash in support of a Bealeton family who asked for our help.

No matter how difficult it is for us to keep up with our own bills, we remember to care for "the least of these" in Jesus' name. Thank you for your continuing support.

*Alex Fedorov
Benevolence Mission*

Surprising Secrets from the World's Happiest People

By Dan Buettner

We've all heard that "wealth doesn't buy happiness." Neither, it turns out, does social status, youth or beauty. Social scientists have collected tens of millions of data points that help identify what truly makes people happy. Genetics and life circumstances can influence happiness, but personal choices account for about 55% of it. That means we all have more control over our happiness than we may realize.

National Geographic author and explorer Dan Buettner spent five years talking to people in areas identified by researchers as the world leaders in happiness — Denmark's Jutland Peninsula... Singapore... Nuevo León, Mexico... and the town of San Luis Obispo in California.

In his new book, *Thrive*, he identified the main characteristics of what he calls "thrivers," people who consistently report the highest levels of well-being. Here, secrets from the world's happiest people...

OWN ONE TV. NO MORE. Americans spend more than four hours a day, on average, in front of the television. This is time that they're not spending with other people, including their families. (Family time in front of the television is not the same as real interaction.)

In the places where happiness is highest, people spend the least time watching television. It's not that they never watch — they just watch less than most people.

I advise people to own no more than one television — and to keep it in an out-of-the-way place, such as the basement. You still can watch your favorite programs, but watching will become a deliberate activity, not something you just do automatically.

CREATE A "FLOW ROOM." In Danish society, most families have an area in the house where everyone naturally congregates. I call these rooms "flow rooms," because they're places where time seems to flow away when people are engaged and enjoying one another's company. Flow rooms have no screens (TVs or computers) and no clocks. They are quiet environments where it's easy to engage in meaningful activities with family.

In our house, I chose a room with good lighting and the best views — it's comfortable, and everyone in the family wants to be there. I keep it stocked with good books, musical instruments and the best family games.

There's nothing formal about our gatherings. People wander in and out. Because it's so pleasant, we spend a lot more time there than in front of the TV or separated in different parts of the house.

EXPERIENCE THE "SUN BONUS." By most standard measures, people in Mexico should be less happy than those in other countries. About 60% of the population is poor. Education and health care are less than optimal. Yet on the happiness scale, Mexico ranks high.

This is partly due to the "sun bonus." People in sunnier climates are consistently happier than those who live in northern countries.



Those of us who live in colder, less sunny climates still can take advantage of the sunny days we do have by getting out and enjoying the sun. The vitamin D that is produced in the body from sun exposure is sometimes called the "happiness vitamin" because it increases brain levels of serotonin, the same neurotransmitter that is increased by some anti-depressant medications.

STOP SHOPPING. The satisfaction that we get from buying things — an expensive watch, a new suit, a fancy car — wears off within 14 months. Yet in the US, we're pressured by the media and social expectations to always want more. In order to get it, we have to work longer hours and take fewer vacations, which generally reduces happiness.

In Denmark, regulations limit the number of hours that shops can be open. In Mexico, most of the inhabitants are not running a status race with their neighbors.

For more happiness, take the money that you could spend on nonessential items and spend it on something that lasts. For example, take a vacation with your family or sign up for a painting class. The experiences and good memories will continue to give satisfaction for the rest of your life.

EMPLOY YOURSELF. Self-employed workers and business owners report some of the highest levels of well-being. It may be because they are more likely to pursue work that they love or simply because they feel more in control. The happiness zone of San Luis Obispo, California, has far more self-employed people per capita than the average community in the US. These self-employed workers are shop owners, graphic designers, artists, wine-makers and the like. The more autonomy and control you have over your job, the more likely you will be satisfied with your work.

MAKE NEW FRIENDS. People around the world report higher levels of satisfaction when they spend time with family and friends. Every additional friend that you make (assuming that these friends are upbeat) increases your chances of being happy by 9%.

People who get together with others for at least seven hours a day have the highest levels of happiness. That sounds like a lot, but the time quickly adds up.

For example, everyone eats lunch. Ask a coworker to join you, or sit with a group in a cafeteria. Talk with friends

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Epiphany Update!

Over the 3-day weekend of October 8-10, the RUMC Epiphany team will again minister to young men incarcerated in the maximum security facility of Culpeper Juvenile Correctional Center in Mitchells, Virginia just outside Culpeper. The ministry team, usually consisting of 30-35 trained volunteers, takes the Word of God to approximately thirty young men daily during these weekends — in addition to 5-9 young men who've already participated in an Epiphany weekend.

This is an awesome ministry! Yes, these young men have broken the law or they wouldn't be there. But we need to remember that they are really young boys, children of God, as we all are. It's difficult to know how many of them we reach (if any). However, over the past couple of years, we've witnessed eight young men being baptized. We have also followed up with several others who have gone home to continue their faith walk. Currently there is a young man sponsored by the loving generosity of several RUMC members who will be Walking Chrysalis (Emmaus for Youth).

The ministry team feeds between 60-70 people (as well as some of the officers present) up to three times a day over the 3-day Epiphany weekend. A normal weekend ministry costs between \$5,000 and \$6,000, all donated by the team and ministry supporters. Would you like to help with this worthy ministry via your time or monetary gifts? Sponsorship for a youth over the weekend is \$50. You can "buy" him a dinner for \$10, or a lunch for \$5. Purchase a young man a Bible for \$25. Your donations are always appreciated by your Epiphany team and these young men.

Please see one of the Epiphany team members, Wally or Kaye Rich, Trish or Scott Robertson, or Linda McClanahan for additional information.

Blessings,

Linda McClanahan

ARCHER'S FLOWERS

Ashton Archer of Archer's Flowers will place flowers on the altar for you for only \$30. Flowers are delivered on Saturday, and you can make your check out to "RUMC."

Please don't forget to contact Linda McClanahan, Church Administrative Assistant, at 540.439.2579 by Wednesday if you want an announcement placed in Sunday's bulletin.



Surprising Secrets of the World's Happiest People

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during coffee breaks. After work, encourage the family to eat and socialize together, rather than dispersing to separate rooms. Take classes or join a club.

The Danes don't identify themselves as being particularly outgoing, yet 19 out of 20 Danish adults belong to clubs dedicated to arts, exercise, and hobbies.

GET ADDICTED TO THIS. The happiest people almost always volunteer in some fashion — at their church, with environmental groups, for social-service organizations and the like. Volunteering means spending time with others, and it also takes your mind off your own problems and increases self-worth and pride in your community.

Studies have shown that altruism has an effect on the brain that is similar to that of sugar and cocaine. It creates feelings of well-being, along with an addictive feedback loop that encourages people to keep doing it.

Also, volunteers are healthier. They tend to weigh less than those who don't volunteer, and they're even less likely to suffer a heart attack.

Commit to volunteering for a set period of time — say, once a week for four weeks. People are more likely to keep doing it when they make this initial commitment — and then get "hooked" on the rewards.

KEEP THE FAITH. Religious people tend to be happier than those without faith. It's not clear whether religion makes people happy or if happy people tend to be drawn to religious practices. Either way, those who are religious have less disease, live longer, and are less likely to engage in dangerous behavior (such as smoking and heavy drinking).

In Mexico, for example, more than 80% of people who were asked, "How important is God in your life?" responded with a 10 on a scale of one to 10, compared with only 58% in the U.S. This helps explain why people in some parts of Mexico, despite the hardships of daily life, tend to thrive emotionally.

Even if you're not religious, you can achieve similar benefits by cultivating a sense of spirituality — and a belief in giving back to your community and making the world a better place.

Above information source: Bottom Line/Personal interviewed Dan Buettner, founder of Blue Zones, an organization that studies the regions of the world where people commonly live active lives past age of 100. Based in Minneapolis, he is a writer for National Geographic and author of Thrive: Finding Happiness the Blue Zones Way (National Geographic). www.BlueZones.com

"HIS FACE DID SHINE AS THE SUN, AND HIS RAIMENT WAS WHITE AS THE LIGHT."

Matthew 17:1

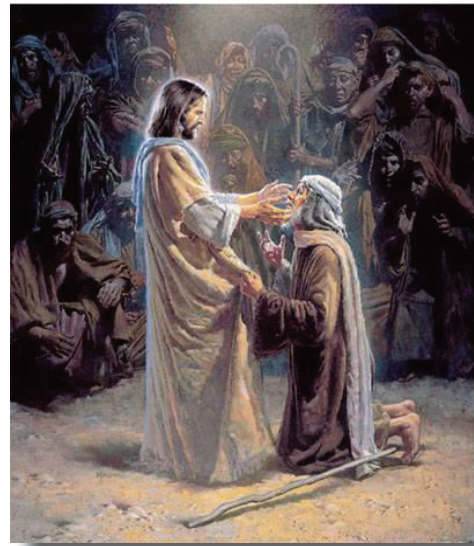
Several youngsters were sitting together in a crowded theatre, waiting for the film to begin. One young man decided to go to the refreshment counter. He bought some popcorn, but as he came back down the aisle the house lights went out and the movie began. He continued down the darkened aisle scanning the audience, looking for his seat. Back and forth he paced several times without success. Finally, in total frustration, he stopped and asked in a loud voice, "Does anybody recognize me?"

In the opening chapter of the Bible, the sacred author tells us that we are made in the image of God. Does anybody recognize us? More importantly, do we recognize ourselves in this way? Do you recognize yourself as being made in the image of God? In the creation story, the Biblical writer emphasizes this religious truth by repeating himself. Three times he tells us that we are created in the "Image of God." This is one of the most familiar phrases in all of Scripture. It is also one of the most misunderstood. The pastor of a large congregation conducted a little survey among his people on what they thought it meant. He discovered that most people have a picture of us being created somehow to look like God: little models of God; little copies of God; little likenesses of God.

This is a very serious matter for us to consider. "Made in the image and likeness of God" is a basic Biblical concept that bears heavily on the question of who we are and our whole attitude and approach to life. If we look upon ourselves as being miniature copies of God we are missing the mark, just as Adam and Eve missed the mark in the Garden of Eden story. Whatever else the writers of the opening chapters of Genesis are trying to tell us, they are telling us that we are not God, and we are not little Gods, and we are not copies of God. God is God! God is the creator and we are finite, dependent beings -- dependent on God for every breath we draw, for every moment of life.

In the Transfiguration event, which Matthew describes in this week's Scripture, the image and the glory of God was reflected in and through the Lord Jesus with dazzling brilliance. "His face did shine as the sun, and his raiment was white as the light," Matthew tells us (Mt. 17:1). This episode took place on a mountaintop where Jesus and the Apostles, Peter, James and John, had gone for a prayer retreat. It was at a time when Jesus' life and ministry had come to a turning point. The Lord's enemies were pressing in on Him. He had to decide whether or not to get out of the Holy Land, whether or not to give up what He was trying to do, whether to retreat from the pain and suffering that lay ahead or to continue on to Jerusalem where He would be tortured and put to death. Jesus wanted guidance. In an attitude of prayer, He opened Himself completely to His Father's direction. The guidance was given and despite the grim prospect of betrayal, agony and execution, Jesus went back down into the valley, there to carry out His life and ministry in complete harmony with the Father's Will.

There was a preacher who concluded a particularly good sermon one Sunday saying, "Now, my sisters and brothers, I saw many of you nodding your heads and even whispering 'Amen' while I was preaching. Well, I am supremely confident that what



I told you was right and true, because it came right out of the Gospel of the Lord. And so my friends, there are two things you must do: first, believe it, and second, behave it!"

What we do, many of us, is come to Jesus Christ to take from Him what we can. We come to Church to have our needs met. But we discover very early that He is not accepting us on those terms. No matter what your secular vocation is, no matter what neighborhood you live in, while you are there you are in the full time ministry of Jesus Christ.

I like to step inside a Church
To rest and think and pray;
The quiet, calm and holy place
Can drive all cares away.

But, wonderful as it is to be there, our time on this mountaintop must soon give way to our descent into the valley. Some of us have been coming to Church all of our lives without ever hearing the paradox that Jesus lays upon us: "For whosoever will save his life, must be willing to lose it for my sake; and whosoever will be willing to lose his life for my sake, the same shall save it." (Luke 9:24). If you come to save yourself, you are lost. If you come here to lose yourself in the ministry of Christ you will save yourself- you will find your soul.

Because this is a paradox some of us have never tried to really understand, we're disenchanted, we're disillusioned, we're disappointed: somehow our Church experience never quite makes it for us. We blame the pastor, we blame the preacher, we blame the music, and we blame others in the congregation. We don't seem to realize that the problem has its roots in our attitude of coming to GET rather than coming to GIVE.

What a great thing it would be if we came with a real concept of our ministry; if we came really caring about the people in the congregation around us, especially those whom we know are hurting and need our support. What a great thing it would be if we came with awareness that where we live and where we work are places of mission into which Jesus has called us. What a great thing it would be if we came with the belief that we individual Church members are part of the Church's corporate mission to the world. What great a thing it would be if we came today not just believing, but behaving like we are all Christ's ministers!

In His Service,
James Harrison

SEPTEMBER 2011 - Epiphany/Homecoming/Cantata

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Prison Ministry 6:30; all are welcome to attend.	2	3
4	5 LABOR DAY	6 Cantata/7-7:30 Choir/7:30-8 pm Scouts Kuhler 7 pm-8:30 pm	7 Scouts-Pence 3:30 pm Scout Den Mtgs 7 pm Kuhler Yates	8 Night Time Bible Study Time TBA	9	10 Lace Guild 10-3 Epiphany Teaming 8 am-12:30
11 9-11 TEN YEARS	12 RUM Men 6:30 pm Brian & Dick	13 Ruritan Dinner 7 pm Cantata 7-7:30 Choir 7:30-8 pm	14 Admin Council	15 Scouts 4870 Pence	16	17 Epiphany Teaming 8 am-12:30
18 Scouts-King 1187	19 Scouts 1180-Mount Brand Practice 7 pm	20 Cantata 7-7:30 Choir 7:30-8 pm	21 Scouts Pack Mtg 7 pm Kuhler/Yates	22 Scout Pack Mtg 7 pm Kuhler	23	24 Epiphany Team 8 am-1230 Scouts-Popcorn Truck FreeWill Dinner 5-7 RUMM
25 HOME-COMING 1 SVC - 10 am	26 RUM Women 7:00 pm	27 Cantata 7-7:30 pm Choir 7:30-8 pm	28	29 Mission Mtg 7 pm.	30	Oct 1



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