

# METRO UMC MESSENGER



**OCTOBER 2, 2024**

## ABOUT US

### VISION STATEMENT

*Transforming the World  
through Jesus Christ*

### MISSION STATEMENT

*Passionate Christians Making  
Disciples of Jesus Christ*



# MESSAGE FROM THE PASTOR

Dear Friends,

Greetings! Leadership in ministry can manifest in many forms, each vital to the growth and nurturing of a faith community. As the Apostle Paul writes in Philippians 2:3-4, "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others." This scripture underscores the foundational principle that leading in ministry is not about personal glory but about serving the needs of others.

One of the most profound areas where you may be called to lead is in teaching and discipleship. This involves guiding others in their spiritual growth, helping them to understand scripture, and encouraging them to live out their faith daily. James 3:1 offers a sobering reminder about the responsibility that comes with this role: "Not many of you should become teachers, my fellow believers, because you know that who we teach will be judged more strictly." This scripture emphasizes the importance of integrity and careful stewardship of the Word when leading others in their faith journey.

Leadership in ministry can also extend beyond the walls of the church into the broader community. This might involve organizing outreach programs, leading service projects, or advocating for social justice. In these roles, leaders are called to be the hands and feet of Christ, exemplifying His love and compassion in tangible ways. Matthew 5:14-16 reminds us of our role as beacons of light in the world: You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." This passage by Matthew challenges leaders to shine brightly, illuminating the path for others to follow and bringing glory to God through their actions.

The call to lead in ministry is a sacred and significant one, requiring a heart of service, a dedication to teaching truth, and a commitment to making a positive impact in the community.

*Pastor Faye*





# Embracing the Call to Lead

In the last Messenger, we discussed tithes, offerings, and gifts. This week, our focus is on ministry leadership and what makes a good ministry leader. Are you a leader? Do you have leadership qualities? There's a good possibility that you do and you just don't know it or you haven't had the opportunity to tap into those skills yet. This list is not exhaustive, but it includes qualities that are accessible to everyday people and can be developed over time.

**1. Compassion** – A deep awareness of the suffering of others coupled with the desire to alleviate it. A good ministry leader is empathetic and cares deeply about the well-being of their community.

**Example:** A ministry leader who notices a congregant struggling with personal issues and takes the time to offer support and guidance.

**2. Integrity** – The quality of being honest and having strong moral principles. Integrity involves being truthful, fair, and consistent in all actions and decisions.

**Example:** A leader who admits when they've made a mistake and works to correct it, earning the trust of their community.

**3. Humility** – A modest view of one's own importance. Humility allows a leader to acknowledge their weaknesses and seek help when needed.

**Example:** A ministry leader who listens to the opinions and suggestions of others, valuing their input and recognizing that they do not have all the answers.

**4. Patience** – The capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset. Patience is crucial for dealing with the diverse and sometimes challenging needs of a community.

**Example:** A leader who calmly and thoughtfully addresses the concerns of a congregant who is frustrated or upset.

**5. Communication Skills** – The ability to convey information effectively and efficiently. Effective communication involves listening as well as speaking, ensuring that messages are clear and understood.

**Example:** A ministry leader who delivers sermons that inspire and educate, while also

being approachable and open to conversations.

**6. Vision** - The ability to think about or plan the future with imagination and wisdom. A visionary leader sets a clear direction and inspires others to follow.

**Example:** A leader who develops a long-term plan for community outreach and growth, motivating members to participate and contribute.

**7. Service-Oriented** - Having a focus on helping and serving others. A ministry leader prioritizes the needs of others and works tirelessly to serve the community.

**Example:** A leader who organizes volunteer events and actively participates in them, demonstrating a commitment to service.

**8. Adaptability** - The ability to adjust to new conditions. Being adaptable allows a leader to navigate changes and challenges effectively.

**Example:** A ministry leader who quickly shifts to online services during a pandemic to ensure the community remains connected.

**9. Wisdom** - The ability to make sound judgments based on knowledge and experience. Wisdom involves thoughtful decision-making and providing guidance that benefits the community.

**Example:** A leader who offers counsel to someone making a major life decision, drawing from personal experience and knowledge.

**10. Enthusiasm** - Intense and eager enjoyment, interest, or approval. Enthusiasm is contagious and inspires others to engage and participate.

**Example:** A ministry leader who passionately leads worship services and community activities, energizing the congregation.

**11. Accountability** - The quality or state of being responsible for one's actions. A good leader acknowledges their responsibilities and holds themselves and others to high standards.

**Example:** A leader who transparently manages community funds and provides regular updates to ensure trust and accountability.

**12. Resilience** - The capacity to recover quickly from difficulties. Resilience enables a leader to persevere through tough times and emerge stronger.

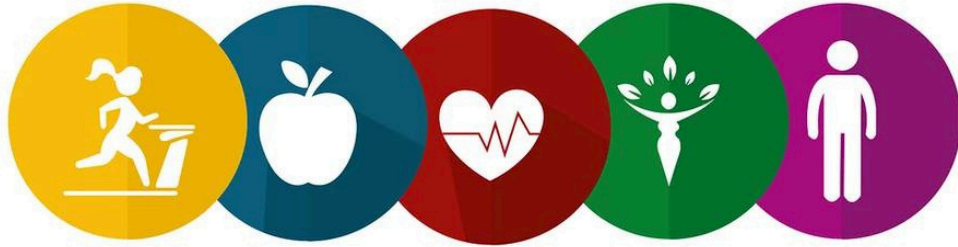
**Example:** A ministry leader who supports their community through a crisis, maintaining a positive outlook and finding solutions.

**13. Inclusivity** - The practice or policy of including people who might otherwise be excluded or marginalized. Inclusivity ensures that all members of the community feel valued and respected.

**Example:** A leader who actively promotes diversity and creates programs that welcome individuals from all backgrounds.

Embracing the call to lead in ministry is more than just stepping into a position of authority; it's about embodying qualities that resonate with everyday people. Effective leadership in ministry requires empathy, humility, and a genuine desire to serve others. It involves listening to the needs of the community, fostering an inclusive environment, and inspiring others through authentic actions and words. By cultivating these qualities, anyone can rise to the challenge and make a significant impact, demonstrating that true leadership is about guiding with compassion and integrity, no matter the setting. Let us all aspire to lead with a heart willing to serve and a spirit ready to uplift those around us.

*Are You Ready to Lead?*



# HEALTH & WELLNESS

**Breast Cancer Awareness Month**, observed every October, is a worldwide campaign to increase awareness about breast cancer, support those affected by the disease, and encourage early detection and timely treatment. This article aims to inform readers about breast cancer statistics, the importance of annual screenings, risk factors, and the symptoms that warrant a visit to the doctor.

## General Information

Breast cancer is the most common cancer among women worldwide. It occurs when cells in the breast grow uncontrollably, forming a tumor that can often be felt as a lump. While it predominantly affects women, men can also develop breast cancer, albeit at a much lower rate.

## Statistical Information

- **Prevalence:** Breast cancer continues to be highly prevalent, with an estimated 2.3 million new cases diagnosed globally in 2022. It accounts for about 11.7% of all cancer cases, making it the most commonly diagnosed cancer in
- **Mortality:** Breast cancer is the leading cause of cancer-related deaths among women globally, accounting for approximately 685,000 deaths in 2020.
- **Survival Rates:** Early detection significantly improves the survival rate. The five-year survival rate for localized breast cancer (cancer that has not spread) is around 99%, according to the American Cancer Society (ACS).

## Importance of Annual Screenings

- **Early Detection:** Annual mammograms can detect breast cancer early, often before symptoms develop. Early detection greatly increases the chances of successful treatment.
- **Reduced Mortality:** Regular screenings can reduce breast cancer mortality by 20-40% in women aged 40 to 74.
- **Peace of Mind:** Regular check-ups provide reassurance and help maintain overall breast health.

## Risk Factors

While the exact cause of breast cancer is not fully understood, several factors can increase the risk:

- **Age:** Risk increases with age, particularly after 50.
- **Genetics:** A family history of breast cancer, particularly mutations in genes like BRCA1 and BRCA2, can significantly increase risk.



- **Reproductive History:** Early menstruation (before age 12) or late menopause (after age 55) can increase risk due to prolonged exposure to hormones.
- **Lifestyle Factors:** Obesity, excessive alcohol consumption, and lack of physical activity can elevate risk.
- **Hormone Replacement Therapy:** Long-term use of hormone replacement therapy can also increase risk.

## Symptoms to Watch For

It is crucial to be aware of the signs and symptoms of breast cancer. Consult a doctor if you notice any of the following:

- **Lumps:** Any new lump or mass in the breast or underarm.
- **Changes in Size or Shape:** Unexplained changes in breast size or shape.
- **Skin Changes:** Dimpling, puckering, or redness of the breast skin.
- **Nipple Changes:** Inversion, discharge (especially if bloody), or changes in the appearance of the nipple.
- **Pain:** Persistent pain in the breast or nipple that does not correlate with the menstrual cycle.

Breast Cancer Awareness Month serves as a crucial reminder of the importance of regular screenings and being vigilant about changes in breast health. By spreading awareness, supporting research, and encouraging early detection, we can improve outcomes and save lives. Remember, knowledge is power, and timely action can make all the difference. Stay informed, stay proactive, and prioritize your health.

## Resources for More Information:

- American Cancer Society (ACS): [cancer.org](https://www.cancer.org)
- National Breast Cancer Foundation (NBCF): [nationalbreastcancer.org](https://www.nationalbreastcancer.org)
- World Health Organization (WHO): [who.int](https://www.who.int)

By educating ourselves and others, we can collectively contribute to the fight against breast cancer. Stay informed, get screened, and support those affected by this disease.



# PRAYER REQUESTS

As we come together in faith and fellowship, let us remember the power of collective prayer. The Bible reminds us in James 5:16, "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." With hearts full of love and compassion, we lift up the needs of our community, trusting in God's grace and mercy to bring healing, comfort, and strength.

In this spirit, we invite you to join our prayer list, a sacred space where we can lift each other up in times of need, gratitude, and celebration. Whether you are seeking healing, guidance, comfort, or simply wish to offer praise, your intentions are welcome here. Please take a moment to reflect upon the following prayer requests and join us in lifting these concerns to our Heavenly Father.

We would like to pray for:

Aaron Kane  
Frank Boone  
Girard and Edith Myers  
Vernon Myers  
Vivian Lewis  
Merton and Kathy Myers  
Kleston Whitaker  
Thomas and Evelyn Dashiell  
Felicia & Wilbur Greenfield  
The Wood Family  
Ralph Shade

Greg & Vivian Claytor  
Ethel Cooke  
Michelle Jordan  
Shannon Stewart  
The John Jennifer Family  
Clifford Samuels  
Debra Newsome  
The Cooper Family  
Ryder Turner



To add your name or prayer requests to the list or to include someone you know who could use our collective prayers, please reach out to us. Let us come together in faith, knowing that where two or three gather in His name, there He is with us (Matthew 18:20). May our prayers be a source of strength and solace, and may they bring us closer to the heart of God.

Prayer requests can be submitted through the church's website [metroumcindianhead.com/Prayer-Request](http://metroumcindianhead.com/Prayer-Request) or by clicking the QR code.



# ANNOUNCEMENTS



## OCTOBER

- **Wednesday, October 2** at 6:00 pm (*Via Zoom*) - Intercessory Prayer
- **Thursday, October 3** at 7:00 pm (*Via Zoom*) - Bible Study
- **Sunday, October 6** at 11:00 am (*In Person/Via Zoom*) - Member Town Hall Meeting
- **Tuesday, October 8** at 7:00 pm (*Via Zoom*) - Finance Meeting
- **Wednesday, October 9** at 6:00 pm (*Via Zoom*) - Intercessory Prayer
- **Thursday, October 10** at 7:00 pm (*Via Zoom*) - Bible Study
- **Sunday, October 13** at 10:00 am (*In Person*) - Youth Sunday School
- **Sunday, October 13** at 11:00 am (*In Person*) - Trustee Meeting
- **Wednesday, October 16** at 6:00 pm (*Via Zoom*) - Intercessory Prayer
- **Thursday, October 17** at 7:00 pm (*Via Zoom*) - Bible Study
- **Wednesday, October 23** at 6:00 pm (*Via Zoom*) - Intercessory Prayer
- **Thursday, October 24** at 7:00 pm (*Via Zoom*) - Bible Study
- **Saturday, October 26** at 7:00 pm (*In Person*) - United Methodist Men Meeting
- **Sunday, October 27** at 10:00 am (*In Person*) - Youth Sunday School
- **Sunday, October 27** at 11:00 am (*In Person*) - United Women in Faith
- **Monday, October 28** at 7:00 pm (*Via Zoom*) - Unified Board
- **Wednesday, October 30** at 6:00 pm (*Via Zoom*) - Intercessory Prayer
- **Thursday, October 31** at 7:00 pm (*Via Zoom*) - Bible Study

## NOVEMBER

- **Wednesday, November 6** at 6:00 pm (*Via Zoom*) - Intercessory Prayer
- **Thursday, November 7** at 7:00 pm (*Via Zoom*) - Bible Study
- **Sunday, November 10** at 11:00 am (*In Person*) - Trustee Meeting





 **METROPOLITAN**  
UNITED METHODIST CHURCH

# MEMBER TOWN HALL MEETING



**SUNDAY, OCTOBER 6, 2024**



Immediately Following Service In Person or Via ZOOM

## AGENDA

Trustee Report  
Financial Report  
Pre-Charge Conference Reports  
Q&A Session

 **METROPOLITAN**  
UNITED METHODIST CHURCH

INVITES YOU TO

# BIBLE STUDY

**WITH PASTOR FAYE**

THURSDAYS 7 PM VIA ZOOM

**GENESIS to REVELATION**

*A Comprehensive Verse-by-Verse  
Exploration of the Bible*

***This Week's Lesson: Chapter 5  
Abraham Settles in Canaan  
(Genesis 12-15)***

**\*To connect using your smart phone, tablet or computer (video & audio)\*  
<https://zoom.us/j/97076134594> Meeting ID: 970 7613 4594**

**\*To connect using your telephone (audio only)\*  
(301) 715-8592 - Meeting ID: 970 7613 4594  
When asked for the Participant ID, enter #  
Then press # again to enter the meeting.**

To register



*Purchase book through Amazon or call Metropolitan on  
(301) 375-9088 to get details about how to get the book.*



## Sunday School Superintendent

Are you passionate about Bible study and eager to make a positive impact in the spiritual growth and discipleship of the youth? Metropolitan is seeking a committed individual to serve as the Youth Sunday School Superintendent.



### Key Responsibilities

- Curriculum Planning and Implementation
- Teacher Recruitment and Training
- Program Administration
- Communication and Coordination
- Spiritual Guidance and Support



## SUNDAY SCHOOL

### Teachers Needed

Metro UMC is seeking a Sunday School Teachers for 2nd & 4th Sundays for the Preschool/First grade class and the Elementary/Middle/High School class  
If interested, please see Pastor Faye



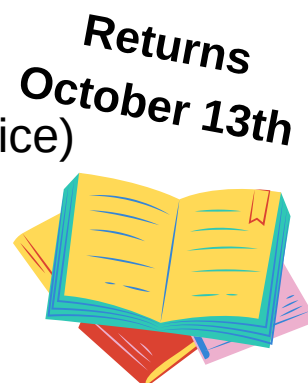
## Youth Sunday School

2nd and 4th Sunday of the Month (During Service)



### GROUPS

Pre-K/First Grade  
Elementary/Middle/High School  
**REGISTRATION REQUIRED**





## What is the significance to the TREE OF LIFE?

It connects us to our ancestral roots and divinity.

**Leaf: \$250 Acorn: \$500  
Foundation Stone: \$1,000**

*Monthly Installment Payment Plans Available*

*Pick up a brochure in the Fellowship Hall,  
contact Sis. Sheila Myers on (301) 326-0369 or see Sis. Nickki Harris*

**By purchasing a leaf, an acorn or a foundation stone, you will**

- Memorialize or honor someone special in your life
- Leave a permanent memorial to family and loved ones
- Support and commit to the spiritual development and growth of our church

## Dust Off Your Metro UMC Church Bank



Don't have one? See Sis. Diane Butler  
**SAVE YOUR LOOSE CHANGE FOR METROPOLITAN**

Get a bank. Fill it up. Bring it back to church.  
Get it back...and REPEAT



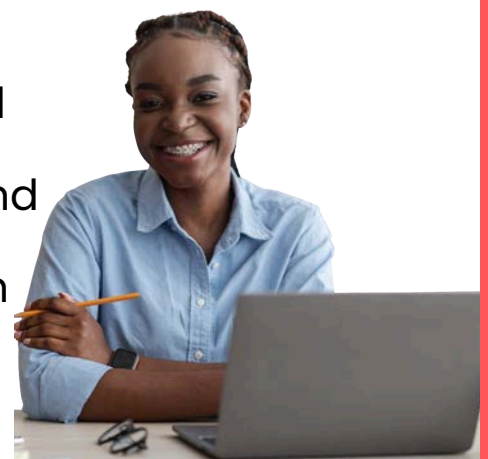
**METROPOLITAN  
UNITED METHODIST CHURCH**

### Membership Secretary

Are you an organized and detail-oriented individual with a passion for community and service? Metropolitan is seeking a dedicated Membership Secretary to help us grow and connect with our members.

#### Key Responsibilities

- Maintain accurate and up-to-date membership records
- Assist with member communication and outreach
- Coordinate new member orientations and welcome events
- Provide administrative support to church staff and committees
- Handle confidential information with the utmost integrity



## Lay Leader

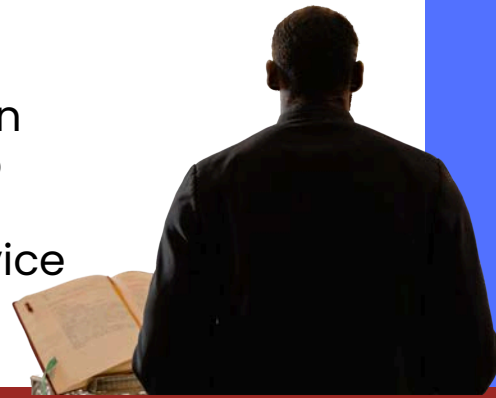
Are you passionate about your faith and eager to make a difference? Metropolitan is seeking dedicated and inspirational Lay Leaders to help guide the congregation.

### Role Responsibilities

- Provide spiritual guidance and support to our congregation
- Lead worship services and prayer meetings
- Organize and participate in community outreach programs
- Collaborate with church leadership to plan and execute church activities

### Qualifications:

- Strong commitment to Christian values and teachings
- Excellent communication and leadership skills
- A heart for service and a spirit of compassion



## Metropolitan UMC *Community Dinners*



**OPEN TO ANYONE  
WHO WANTS A MEAL**

Join us for our  
**Community Dinners**

EVERY WEDNESDAY  
from 4:00 pm - 5:00 pm

Free to the Community!

# GRAB AND GO!

Sponsorship opportunities available.  
Please see Pastor Faye A. Johnson

*Bring a Friend!*



# WEEKEND BACKPACK FOOD PROGRAM

## VOLUNTEERS NEEDED!

STARTING IN OCTOBER

### VOLUNTEER POSITIONS:

**STOCKERS**

**PACKERS**

**DRIVERS**

For more information, contact  
Sis. Sheila Myers on (301) 326-0369 or see Sis. Nickki Harris



# NFL TEAM SPIRIT SUNDAY

## SHOW US YOUR TEAM SPIRIT!

Come dressed in your favorite team jersey or apparel the 2nd Sunday of each month.

Who do you think is going to Super Bowl LIX?  
Make your prediction on the signup sheet in the back of the Fellowship Hall, starting September 8.



# Ways to Give

Offering envelopes are available at Metropolitan.  
If you would like the offering to be applied to a specific ministry or program, please make note of that on the envelope or check.



### BY MAIL

Send your checks or money orders to Metropolitan UMC  
3385 Metropolitan Church Road  
Indian Head, Maryland 20640

**PLEASE DO NOT SEND CASH**



### ONLINE

Give online using our Church Center App



Select Metropolitan United Methodist Church



### IN PERSON

Give in person on Sundays or drop contributions off in black box at

Metropolitan Church

Sun: 9-11 am;

Mon-Wed: 9 am - 12 pm

Sat: 9 am - 11 am

# METROPOLITAN UMC FOOD PANTRY GIVEAWAY



**Wednesdays 4:00 - 4:30 pm**

**Saturdays 10:00 - 11:00 am**

**3385 Metropolitan Church Road, Indian Head, MD**

**OPEN TO THE  
COMMUNITY**

# SERVICE **TIMES**

## **WORSHIP SERVICE**

Sundays at 10:00 am

Join us for In-Person or Virtual Worship Services

### **Join us on Zoom**

Connect using your smartphone, table or  
computer (video and audio)

Meeting ID: 961 1274 4083

### **Connect using your telephone (audio only)**

Dial: (646) 558-8656

Meeting ID: 961 1274 4083

When prompted for the Participant ID, enter #

Then press # again to enter meeting

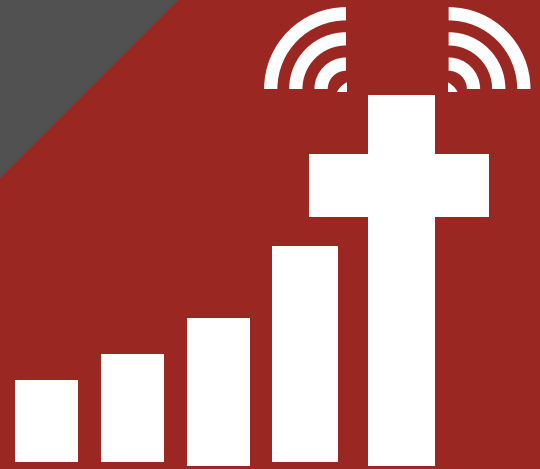
### **Join us of Facebook**

### **Visit our YouTube Channel**

## **BIBLE STUDY**

Thursdays at 7:00 pm

# GET **STAY** CONNECTED



## **CONTACT US:**



(301) 375-9088



[www.metroumcindianhead.com](http://www.metroumcindianhead.com)



[metroumc.ofc@gmail.com](mailto:metroumc.ofc@gmail.com)



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YouTube

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