



## Walking The Labyrinth

Try a new spiritual discipline this Easter season!

We have journeyed together through Lent. This past Sunday we entered Jerusalem waving our palms and singing Hosannah! Yet, as our Palm Sunday serviced progressed, we soon found ourselves turning from the celebration and facing the confusion of the Last Supper and the emptiness of the tomb. Many of us will attend services this week on Maundy Thursday and Good Friday to more fully experience Christ's final days. Some of us will find time for prayer and reflection. Some of us will barely be able to catch our breath. However, the good news is that we will ALL experience Easter – whether we choose to take it step by step or whether we leap into the Resurrection.

With the newly renovated Great Hall soon to be fully operational, we at Metropolitan are blessed with a beautiful labyrinth adding to an already sacred space. As Christians, we are always on a journey: through life, death and rebirth and everything in between. The labyrinth has always represented journey. It also provides a marvelous opportunity to recover the rhythms of our own breath, our own gait, the innate ebb and flow of our own thoughts and feelings. Since there is no “right way” to walk the labyrinth, we are free to discover our own way to walk each time we step foot into its circuits. Taking time to walk the labyrinth is an opportunity to drop your constricted, time-bound self and move to the music of your own soul.

*What is a labyrinth?* A labyrinth is one of the oldest contemplative and transformation tools known to humankind, used for centuries for prayer, ritual, initiation, and personal and spiritual growth. This ancient and powerful tool is unicursal, offering only one route to the center and back out: no dead ends or tricks, as in a maze. No matter where you are, you can see the center. The simplicity of the path allows for meditation and stilling of the mind; it honors the journey itself for what it has to teach. The labyrinth welcomes seekers, opening its arms wide to anyone seeking authentic spiritual experiences. It is a powerful spiritual symbol that speaks to our souls in a way that transcends all creeds and beliefs. Walking the labyrinth deepens one's spiritual path, whatever that path may be. It can be a path of prayer, taking us – no matter whom or what we worship to the center: the center of creation and the center of our hearts and souls. The labyrinth welcomes us all with open arms, inviting us to walk with the spirit.



We invite you to continue your spiritual journey by regularly experiencing the labyrinth. Beginning Palm Sunday, at 10:10 a.m., Mi Sook Ahn, a seminary student at Wesley, will lead a session on “Walking the Labyrinth.” On Sunday, April 13, the UMW will host a woman's retreat “Finding Your Own Path” from 4 p.m. to 8 p.m. There will be many opportunities in the coming months to “walk the labyrinth” as we integrate this wonderful “ancient and new” practice into our life here at Metropolitan.

*Pat House*

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## Youth Mission Auction is Huge Success

Thanks to everyone who contributed to the mission auction and sent donations toward the Youth Mission Teams! We have raised \$18,135! This will allow our two teams to travel to West Virginia and Massachusetts.

The Mission Auction was lively as the students performed a parody of “American Idol.” Katie Mayo was “Ryan Seacrest,” Simon Courtney was “Simon” - and he had a very convincing British accent. Danielle Whitehead was a very sweet “Paula” and Brien Comey kicked back with his crutches doing his rendition of “Randy Jackson.” Emily Sartain surprised everyone with her unicycling! Thanks to Sara Bollinger and Lancaster Food, we were served a delicious lunch!

I look forward to sharing our experiences in mission this summer!

*Faith*

### March AARP Meeting



Please join us on Monday, March 17, in the Vestry. Debbie Wooten, manager of the Tenleytown and MacArthur Blvd. H & R Block, will be speaking with us on general tax tips for seniors and will discuss the new tax laws. Social time is at 12:30 p.m., and the meeting starts at 1 p.m. Refreshments will be served.

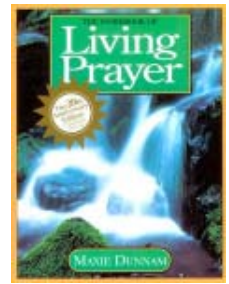


This year's Rebuilding Together (FKA "Christmas in April") is April 26. Our assigned house is in Petworth and the homeowner, Ms. Foster, is 79 and in poor health. We have many volunteer opportunities available including painting, cleaning, and light carpentry. You may volunteer for a morning shift from 8 a.m. - noon, afternoon shift from noon - 4 p.m. or the late shift from 4 p.m. - 8 p.m. or any combination of shifts. We could also use volunteer(s) to provide lunch (sandwiches, chips, drinks, etc.). If you would like to volunteer or provide lunch contact Geoff Jacobi, [gjacob001@gmail.com](mailto:gjacobi001@gmail.com) or Lee Crockett, [leecrockett@verizon.net](mailto:leecrockett@verizon.net).

### Living Prayer Series

Sunday, March 16, 10:10 a.m.,

Christie Room



The Living Faith Sunday School Class (LFSSC) will hold a six-week series on prayer beginning Sunday, March 16. Rev. Arlester Brown will lead the series based on the writings of Methodist theologian Dr. Maxie Dunnam. Dunnam, a former editor of the Upper Room Fellowship, has served as chairperson of the World Methodist Evangelism and as president of Asbury Theological Seminary in Wilmore, KY. The series is designed to help with one's individual journey with prayer (what Dunnam calls "an adventure of prayer.") and includes scripture reading, personal exercises, workbook topics, in-class interaction, and video. For more information contact Nancy Wolfe, 301.668.7049 or Pat Simpich, 202.866.1566.

### Nicaragua VIM Team Seeks Volunteers

Metropolitan will be sending a VIM team to Nicaragua June 14 - 22 and there are still openings on the team. The group will stay in Managua and Masaya and be working under the direction of United Methodist Missionaries Nan McCurdy and Miguel Mairena. The group will be hosted by the Association of Consumers of Masaya and lodging at a small hotel near the center of Masaya. Mission work will also include work with schools or preschools and Base Christian Communities. Per person cost is estimated at \$1350 per person, including air fare. For more information, contact Ann Michel, 202.885.8582 or [amichel@wesleyseminary.edu](mailto:amichel@wesleyseminary.edu) or Anne Brown, [AnneBrown@bna.com](mailto:AnneBrown@bna.com).

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## Marylanders Asked to Stand Against the Death Penalty

The United Methodist Book of Discipline states: "The death penalty denies the power of Christ to redeem, restore and transform all human beings" [therefore] we oppose the death penalty (capital punishment) and urge its elimination from all criminal codes." (BOD 164-G) For United Methodists, a death penalty is antithetical to the New Testament message.

Last year Maryland came close to repealing its death penalty and replacing it with life without parole. Repeal legislation stalled in the Senate Judicial Proceedings committee, however, after a 5-5 vote failed to pass the bill onto the Senate Floor. This year, while there is growing support in the General Assembly, repeal votes in the Senate Committee are lacking. For this reason people opposed to the death penalty, including United Methodists, must send a clear message in support of a repeal to their state legislators. The Senate hearing is imminent so please take action now. Send e-mail to your state legislators today. Urge them to vote for HB1328

and SB645. Send this message: "As a United Methodist who believes that the death penalty is inconsistent with our values and with effective law enforcement, I urge you to vote in favor of HB1328, SB645." Call the Annapolis switchboard at 1.800.492.7122 and ask to be connected to your legislators. For additional information, including a list of lawmakers who co-sponsored the repeal legislation, go to [www.mdcase.org](http://www.mdcase.org). If you would like more information on where your lawmakers stand on the death penalty, call 301.779.5230. Please consider letting Maryland Citizens Against State Executions (MDCASE) know when a legislator responds so they can keep an accurate vote count.

This material comes from "Maryland Repeal Needs United Methodist Support," an article by Beth Reilly and Sara Klemm, in the March 7, 2008 edition of *Faith In Action*, the online newsletter of the General Board of Church and Society, found at [www.gbcs-umc.org](http://www.gbcs-umc.org).

## The Arts in Our Community

### *You're Invited!*

**The Seminary Celebrates 2008  
Recent works by Students, Staff & Faculty**  
An exhibition in honor of Constance Sherridan Hefner

- March 26 -

**Reception for the artists**  
4:30 p.m. - 6 p.m.

**Exhibition Dates: March 24 - May 16**

**Wesly Seminary ♦ Dadian Gallery**  
4500 Mass. Ave. NW

**Gallery Hours: Monday-Thursday 11 a.m. - 5 p.m.**  
Friday 11 a.m. - 4 p.m.; Closed Holidays



### **“Young @ Heart”**

**March 30 at 3 p.m.**

**Avalon Theater in Chevy Chase**

A new documentary from Fox Searchlight films shows it is possible to grow old without growing boring. Learn about how a group of senior citizens in New England perform music by The Clash, The Ramones and others. The current performers in Young@Heart range in age from 72 to 88.

Call 202.895.9416 to reserve your complimentary tickets.  
**RSVP by March 26.** Sponsored by IONA Senior Services.



### **Save the Date**

*Enjoy these arts events at Metropolitan!*

**Sunday, April 20**

**10:10 am – The Great Hall**

*Art of Collecting* – Talk by Myrtis Bedolla, curator

**4 pm – Sanctuary**

*Jazz Concert* by Esther Williams and Davey Yarborough followed by art exhibit featuring the Art Collection of Rose Harper.

**Friday, April 25 - Sunday, April 27**

**“The Laramie Project”**

**Presented by The Metro Players**

**Sunday, May 4**

**3 pm - Sanctuary**

**Young Artist Concert - Charlie Albright, pianist**

**Sunday, May 18**

**4 pm – Sanctuary**

**Recital - Rachael Goldman, soprano, followed by art exhibit, *The High Art of Tapestry* by Dirk Holger**

## Youth Events



### **Want a Llama, Mama?**

What mother wouldn't love a cuddly animal for Mother's Day, especially if she doesn't have to clean up after it? This Mother's Day, the youth of our church will host a LIVING GIFT MARKET where you are invited to honor friends and family by “buying” gifts of animals for families in need all around the world. Give your favorite aunt a share of a water buffalo or treat your grandchild to a flock of chickens. Your gift will set off a chain of events you may never have anticipated - the animal is sent to hungry, rural families, delivered with technical training in animal care and when the animal produces offspring, the family “passes along the gift” and offers it to another family. Whole communities are changed through giving that begins with you. **Mother's Day is May 11 - Join us for one worship service at 10 a.m. followed by a celebration of Christian giving with the Living Gift Market.**

# Happy Birthday!!

...to those from our church who were born in March\*

Cecily Bufkin	3/1	Lee Crockett	3/20
Sophia Kapteyn	3/1	Bruce Fretts	3/20
Marsha Carter	3/2	Dick Gillis	3/20
Sophia Rynes	3/2	Schuyler Krogh	3/21
Pamela Wolf	3/2	Susan Staines	3/21
Julie Burnette	3/3	Holly Adams	3/22
Amanda Burton	3/3	Charley Havens	3/22
Matthew Gill	3/3	Dick Schleicher	3/22
Dan Jamieson	3/3	Christie Webster	3/22
Michael Krafft	3/3	Virginia Grieb	3/23
Joy Warfield	3/3	Ken Mundell	3/23
Beverly Fleming	3/4	Adams Rixey	3/23
Carol Tippet	3/4	Meghan Smith	3/23
Brad Vogt	3/4	John Tate	3/23
Caroline Brent	3/5	Carl Darrow	3/24
Bruce Poynter	3/5	Navin Ghaffarian	3/24
Daniel Reed	3/5	Margo Hinrichs	3/24
Tom Guindon	3/6	Ryan Rawlings	3/24
Alex Hendricks	3/6	Jonathan Reams	3/24
Barbara Hummel	3/6	Jack Blaylock	3/25
Bryant Oskvig	3/6	Bronwyn Coltrane-Anderson	3/25
Lucy May Rudzki	3/6	Joan Davenport	3/25
Isabela Guimaraes	3/7	Jim French	3/25
Betty Martin	3/7	Grace Hudgins	3/25
Sharon Noyce	3/7	Jason Dunn	3/26
David Hartmann	3/8	Trish Grace	3/26
Tricia Karppi	3/8	Hugh McIntosh	3/26
Mimi Wright	3/8	George Adams	3/27
Geoffrey Brown	3/9	Evan Rector	3/27
Matthew Hassett	3/9	Margaret Sopher	3/27
Ian Hiebert	3/9	Jose Balvuenas-Domnquez	3/28
Lindsey Scherer	3/9	Susan Elliott	3/28
Stephen Smith	3/9	Dana Lehmer	3/28
Bo Cromelin	3/10	Margie Meak	3/28
Janelle Rynes	3/11	Catherine Modesitt	3/28
Martha Turner	3/11	Patty Stolnacker	3/28
Stuart Nelson	3/12	Laura Wright	3/28
Sophie Sartain	3/12	Kimberly Cox	3/29
Ben Vaughn	3/12	Zach Mizroch	3/29
Blair Danies	3/13	Carol Griffith	3/30
Kelly Stoudt	3/13	Madison Hendricks	3/30
John Derrick	3/14	Susan Levy	3/30
Bobbie Holt	3/14	Austin Rector	3/30
Dianne Maffia	3/14	William Schofield	3/30
Abby Means	3/14	Natalie Gail Hinshelwood	3/31
Hunter Gosnell	3/15		
Russell Riley	3/15		
Funmike Ayotunde	3/16		
Perry Brody	3/16		
Anna Coll	3/17		
Julie Christopher	3/18		
Naomi Lawrence	3/18		
Kristen Modesitt	3/18		
Catherine Sproul	3/18		
John Webster	3/18		
Nick Adams	3/19		

**\*If your birthday is missing from the list, please contact the church office, 202.363.4900 and let us know your date of birth.**

## Congratulations!

•To Anne Brooks and JR Rudzki on the birth of their daughter, Lucy May Rudzki on March 6.

•Matt and Samantha Hale on the birth of their son, Nathaniel Henry Hale on March 3.

•To Deborah Levy and Jason Griffin on the birth of their daughter, Allison Olivia Griffin on February 22.



*Jason Griffin  
presents baby  
Allison Olivia  
Griffin*



•We extend our sympathies and prayers to the family of Bill Cromwell, upon his death on March 12.



Are you a senior in high school graduating this year? Or the parent of a senior? Rev. Faith Lewis is

beginning to plan our recognition service for all graduating high school seniors to be held **Sunday, June 8**. We want to honor all those high school seniors and graduating acolytes who attend Metropolitan. Please email Rev. Faith Lewis at [flewis@mmumc-dc.org](mailto:flewis@mmumc-dc.org) or call her at 202.363.4900, ext. 22 if you are a senior (or are their parent), so that we can include you among those who will be honored. We don't want to miss anyone. Thank you.

# Church Council Visioning Session

January 27, 2008

The Visioning Session began with an opening prayer and Bible study session led by Charlie Parker. Visioning team leaders Joyce Shields and Suzanne Forsyth tasked and organized discussion groups that focused on the identification of future goals. Each of the small groups provided summaries of their discussions and the goals from each group were gathered for discussion at the next Church Council meeting.

Following the Visioning Session, the Church Council moved into a business session under the leadership of Terry Rusch, Vice-Chair of the Council. The opening prayer was offered by Sandy Rector and the minutes from the November meeting were approved without any changes.

A discussion of the 2008 budget was led by Pam Settlege, Chair of the Finance Committee, who noted the hopeful spirit and dynamic in the church right now. Pam highlighted 2 key points: the Finance Committee had asked each ministry team to submit two budget levels – one level funding and one more hopeful, but realistic. Almost every ministry team submitted both of those budgets. Our 2008 budget includes virtually all of the hoped-for budgets. The second key point Pam noted was that this proposed budget does not require drawing any principal from the Foundation during 2008. The Foundation draws over last few years have been to fund aging building issues and there is always the possibility of additional expenditures. The Foundation funds approved in 2007 are being held over in 2008 when the work will be done, including \$115,000 carryover of Foundation funding for Columbarium renovation; \$150,000 carryover of Foundation funding for building repairs; and \$108,122 gifts designated for church repairs from existing Capital Campaign funds. This means that there is now \$373,122 in addition to the 2008 budget available to fund capital repairs.

Pam noted that as a whole, the budget for 2008 is close to 10% less than the 2007 budget. This is a result of carryover funds for building repairs, as well as staffing adjustments including the reduction in the number of clergy and the elimination of the administrative assistant position. In other staffing issues, Pat House has been hired as the Director of Worship, Music, and Arts and plans are underway to hire a Bookkeeper. The proposed budget was passed unanimously, Pam was thanked for all of her hard work, and she thanked and acknowledged the members of the Finance Committee.

Issues that the SPRC is addressing include identifying and nurturing young people in the church who have an interest in pursuing a career in the ministry; reviewing the draft Safe Sanctuaries policy developed by the Children and Youth Ministry team; revising the church's employee handbook; and hiring a Bookkeeper.

The Nominations Committee had no new nominations for

consideration by the Church Council. It was noted that the Chairs of the various ministry areas could greatly help the nomination process by providing the names of people who might serve on their committees to the Chair of the Nominations Committee, Anita Seline. Outgoing Chair Bill Roach will send the latest roster of church leadership to Jeff Clouser for posting on the church's Website.

The report from the newly formed Parsonage Committee is that Charlie Parker is chairing and he will be setting up the first meeting of this group in the near future (note: the first meeting of the group was on March 5).

In an update on construction, Dona noted that the work is underway in a widespread way both inside and outside. March 7 is the date for the anticipated completion of work in the Great Hall. Work in the Columbarium is well under way, with the challenges that mortar cannot be laid if the temperature is below 40 degrees, and each stone must be numbered and removed to replace them in the same order. Dona requested that no one enter the construction areas anywhere in the church in view of both the danger and fines if an inspector sees anyone in the construction areas.

Phil Potter noted that the sale of Eldbrooke Church was very close, with the closing date set for Monday, January 28, and the check to come to the church on Tuesday, January 29. Sue Wadel expressed gratitude to Phil and the members of the committee that have been involved in this sale, including Dona's special efforts in hand walking the paper work through the DC bureaucracy.

In other reports, Helen Simon, Chair of the Children and Youth Ministry Team, asked the Church Council to hold the youth program in their prayers. She reported that an analysis of the youth director positions had determined that our church has had 19 full or part-time or interim directors in the last 12 years. As our church is beginning the recruitment of a new youth director, we are hoping to resurrect our youth program. Charlie noted the success of other church's who involve a strong core of lay leaders in their youth program. Faith Lewis thanked the lay leaders who had kept the youth program going during her maternity leave. In addition, 25 students are interested in the Heifer trip and the Appalachian Service Project with a number of adult leaders already committed. The Heifer/ASP auction will be held on March 2.

In an additional report, Charlie informed the Church Council members that a church-wide effort is underway to determine if MMUMC is going to become a reconciling congregation (openly inclusive of gay and lesbian individuals). This is an issue that our church has had under consideration at various times in the past, and there is a comprehensive ef-

(cont. on next page)

## Church Council Visioning Session (cont.)

fort to provide information and dialogue church-wide over the next few months. This will include a series of sermons with Bill Holmes, Mary Kraus, and Charlie as well as Great Hall lectures that are coordinated by Rev. Sandy Rector and Phil Wogaman and a Sunday School class led by Ann Michel. The Church Council was asked to consider how to bring a conclusion to this process: the Church Council *can* make the decision, but Charlie recommended that the base of the discussion be broadened. He suggested that there be a church conference that will involve the church community in this decision. A proposed schedule for the entire process will come to the next meeting of the Church Council. The importance of sharing information on these plans was underscored, and it was noted that there will be a special issue of the Messenger that will focus on the reconciling issue.

Upcoming scheduled events include the Children's Council Shrove Tuesday pancake supper; three services on Ash

Wednesday; a new Good Friday service from noon to 3 p.m. that is based on the 7 last words of Christ that will include preachers from a number of denominations; a Maundy Thursday service and a Good Friday service at 8 p.m.; and two identical services on Easter morning.

The closing prayer was offered by Rev. Faith Lewis.

-Submitted by Helen Simon

**Attendees:** Lee Crockett, Phyllis Kokus, Andy Hershey, Pat Simpich, Mary Beth West, Sue Roach, Janet Fishman, Phil Potter, Kay Jacobi, Ann Michel, Joan Spencer, Dona Collary, John Tate, Faith Lewis, Bill Roach, Anne Brown, Lloyd Leonard, Sandy Rector, Marilu Wood, Eric Imperial, Sue Wadel, Pam Settlege, Bruce Caviness, Charlie Parker, Terry Rusch, Clara Diehl, Helen Simon, and guests Joyce Shields and Suzanne Forsyth.



### H O L Y · W E E K

#### **Palm Passion Sunday 9 a.m. & 11:15 a.m.**

The services start on a triumphant note with the waving of palms. Children's choirs sing at both services. The service will turn to the Passion of Christ as he begins the dark journey to the valley of the crucifixion.

#### **Maundy Thursday 8 p.m.**

The service will include traditional footwashing and communion along with readings that carry us through to the garden. Rev. Sandy Rector will provide a meditation and the Chancel Choir will enrich us through music.

#### **Good Friday Noon to 3 p.m.**

##### **"The Seven Last Words of Christ"**

Metropolitan is reclaiming a tradition! This service is a continuum of preaching, music, prayer and meditation. You are invited to come and go as you please or stay for the entire three hours. The word will be shared by an ecumenical group of local preachers.

#### **Good Friday 8 p.m.**

The service will take us from the garden and move through darkness to the crucifixion and burial. Rev. Faith Lewis will offer a meditation and our contemporary choir, Dayspring, will offer a moving anthem. We will leave in darkness and silence.

#### **Easter Vigil 12 a.m. at American University**

Join with the AU community and Rev. Mark Schaefer at the Kay Spiritual Life Center for a traditional Easter Vigil. If you don't want to stay up late, join Mark for the Easter Sunrise service at 6:30 a.m.

#### **Easter Sunday 9 a.m. & 11:15 a.m.**

Join friends and neighbors for a glorious Easter morning. We will offer two identical services with choirs, bells, and brass. Following both services is an bountiful free brunch.

# Children's Ministry

## Thank You!

A special thank you goes out to all the children and youth who supported the annual UMW service day!



## Family Movie Night

Mark your calendars now for our next family dinner and a movie night on Friday, May 2 at 6 p.m. We will be watching the movie in the new Great Hall! The current movie selection is High School Musical...let us hear from you if you have another request...and be on the lookout for more details about the HSM sing-along before the movie on May 2!

Thanks to everyone who joined us last week for dinner and a movie. Here is a copy of the link I mentioned at the end of the movie Friday night: <http://www.walden.com/walden/teach/charlotte/index.php>. It offers wonderful questions which help all of us stretch our understanding of what "help from above" can look like. It also helps start discussions with our children about the care of all of God's creatures and the circle of life.

Ever wonder if our children are learning from our Sunday School classes or in our worship services? Trust me...they are! Jack Peters asked his mom last Sunday about why she wears contacts. That morning he had heard Rev. Lewis and his Sunday School teacher, Karen Strider, talk about Jesus and the miracle of the healing of the blind man. Jack told his mom the story and then told her that she simply needed to rub mud in her eyes and God will help her see again. Our children are wonderful and hungry to discover our Heavenly Father and His son Jesus...Thanks be to God!

## Third Annual Children's Lenten Workshop

With more than 30 children and 12 adult and youth volunteers, a great time was had by all! Thanks to everyone who helped make last Sunday's workshop a wonder-filled and joyful event! Below are some pics!



If you have questions about any of these events or programs, please contact our Children's Ministry Director, Kay Jacobi at 202.363.4900, ext. 26 or [kjacobi@mmumc-dc.org](mailto:kjacobi@mmumc-dc.org).

