

# CENTRAL CHIMES

## Life Together at Central

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JULY 2025



"Healing Hands at Work"  
Nursing students volunteering at the  
Community café



"Aloha to the Choir!"  
Singing into summer with joy and style as we begin our  
Singing Our Faith series



"Cheers to Community!"  
Smiles and snacks at Immigrant Food Happy Hour



"Serving with Love"  
Community Café: Body and spirit nourished

From joyful music to compassionate service, this month at Central has been full of connection and care. Whether singing aloha with the choir, sharing laughter at Happy Hour, or welcoming our nursing student partners at the community café, we're grateful for the many ways God is moving through our fellowship. See inside for stories that celebrate healing, hospitality, and the Spirit at work among us.

## PASTOR'S PAGE

*"Sing to the Lord a new song! Sing to the Lord, all the earth!" Psalm 96:1 (CEB)*

*Dear Members and Friends of Central UMC,*

*What do Charles Wesley, Duke Ellington, and a French monastery have in common? They're all teaching us how to sing our faith this summer!*

*Last month we kicked off our summer worship series "Singing Our Faith" by exploring our Methodist theological heritage through the hymns of Charles Wesley, what jazz improvisation can teach us about prayer, and the deep spiritual heritage of Bluegrass music. Some of these songs have been very familiar to me, and some were brand new! I had no idea that our United Methodist Hymnal has a hymn composed by the jazz great, Duke Ellington, until Greg Capaldini shared that with me during a planning meeting for this series. Thankfully we were able to hear Greg sing "Come Sunday" UMH #728 for us on June 22.*

*The scripture above from Psalm 96 reminds us that singing new songs is not an optional extra, but it an expectation for us as people of faith! The psalmist's call to "sing a new song" isn't just poetic language but is an invitation to keep growing and letting music surprise us with fresh ways to connect with God. When we all join the heavenly chorus I'm sure there will be lots of new music for us to learn as we spend our days singing God's praise for eternity.*

*This month we'll continue singing some familiar songs like many generations has each summer as they gather around a campfire at summer camp, and we'll sing some music that may be new to you as we sing music from the Taizé Community in France.*

*Whether you're joining us in person (we'd love to hear your voice in the mix!) or connecting virtually from wherever summer takes you, come ready to be surprised by how God meets us in melody. (We've got all the links on how to find us online on the back page of this newsletter.)*

*Blessings, Pastor Sarah*

*P.S. If you discover any other "hidden gems" in our hymnal, I'd love to hear about them! Email me your findings at [pastor@cumcballston.org](mailto:pastor@cumcballston.org) or text me at 7035-527-1783. You might just inspire a future week in this series!*

## **CUMC MUSIC RETROSPECTIVE**

### ***A LOOK AT OUR FAVORITE SONGS***

(Inspired by Spotify's "Wrapped," which gives users a personalized summary of their listening habits, this is a look back at the music that has filled our sanctuary.)

We've taken a dive into our music records to see what we've been singing and playing at Central UMC! This summary offers a glimpse into the songs and musical pieces that have been part of our worship services. Please note that the timeframes for different types of music vary based on our record-keeping.






#### **--- Overall Snapshot ---**

- Anthem, Introit, and other service music data from: September 12, 1999, to December 29, 2024
- Hymn data from: January 1, 2021, to December 29, 2024
- Total pieces logged across these periods: 2946
- Total unique pieces played: Approximately 619

It's important to remember that for hymns, the counts reflect performance since January 2021. For other service music like anthems and introits, the data generally goes back much further.






#### Top 5 Anthems

(Data from Sept. 1999 - Dec 2024)

1.  On Eagle's Wings - played 29 times
2.  At the Table of the Lord - played 22 times
3.  In Love, Christ Came Among Us - played 22 times
4.  Christmas Communion Song - played 19 times
5.  The Gift of Love - played 19 times

#### Top 5 Introits

(Data from Sept. 1999 - Dec 2020)

1.  Come Now to Worship - played 220 times
2.  Kyrie - played 149 times
3.  Jesus Stand Among Us - played 137 times
4.  This Is the Day - played 81 times
5.  O Be Joyful - played 58 times





## MEMBER SPOTLIGHT

My name is Dave Van Patten, and I've been part of the Methodist Church my whole life. I was born in 1944, and my family already had deep roots in the Methodist tradition here in Northern Virginia. My parents began attending the United Methodist Church in the early 1930s, and I became a member of Central in 1956, when I was about 12 years old.

Our family has a long history with the United Methodist Church in this region. On my father's side, they helped start Great Falls United Methodist Church—back when it was still called Forestville. On my grandmother's side, they helped found the Andrew Chapel United Methodist over on Route 7. So, you could say Methodism is in my blood.

I've called Central home ever since I started attending. I served as a trustee here for 12 years, from around 1996 to 2010. I sang in the children's choir when I was young, and later in the adult choir, where I still sing today. I've also played the saxophone here on occasion. I've been playing since I was nine years old, performing with various bands and charitable organizations. It's always been a joy to bring music into this space.

My wife, Tish, served as the church secretary for 21 years. She was a steady and beloved presence in our congregation. She passed away on February 15, and it's still hard to believe she's gone. We were married for 59 years. We got married young—Tish was 18 and I was 21. Back then, if you were under 21, you needed your parents' permission to marry. Her mother didn't want to give us permission, so we went to Rockville, Maryland, and got married there in a Methodist parsonage. People said it wouldn't last—but it did. And it would have lasted even longer if she hadn't passed away.

One of my favorite memories of the old church building is the windows—the way they were set in, the light they let in. It had such character. Of course, we've been through big changes since then, including moving buildings, but those early images stay with me.

Over the years, many people and organizations have helped Central thrive. The HITT Corporation supported us financially in big ways. Dal Foster, who had his own construction company in Merrifield, also helped us out a great deal. We've had so many strong, devoted members here—people who were always good to me and good to this church.

This place has been my whole life. Through good times and hard ones, it's always been a foundation for me. When Tish passed, her memorial service at Central was packed—standing room only, with people out the door. She had also worked for the county police department for 21 years, and the current police chief, along with many other officers, came to honor her. That just shows how much she was loved—not only here, but throughout the community.

Even today, through all the changes and challenges, Central still feels like home. It's a place of faith, music, service, and love—and I'm so grateful to still be here.

## CUMC MEN'S GROUP: COME JOIN US!



### Men's Group Pizza Party – Sunday, July 20

Our next Central UMC Men's Group gathering will be a Pizza Party in the Choir Room on Sunday, July 20 at 5:00 PM. We'll enjoy good food, great conversation, and spend some time planning our upcoming events—like baseball games, hockey outings, and live music nights.

All men are welcome—young, old, and everyone in between. Whether you've joined us before or are thinking about checking it out for the first time, this is a great opportunity to connect.

We're still smiling from our last get-together, a fun-filled brunch at First Watch that brought good food and even better fellowship.

To RSVP, call the church office at 703-527-8844 or email [office@cumcballston.org](mailto:office@cumcballston.org). Hope to see you there!

## UNITY HOMES WINS BIG—CELEBRATING VISION AND IMPACT

Unity Homes at Ballston recently won awards from two different organizations.

- ULI Washington's 2025 Awards for Excellence: Excellence in Affordable Housing Development.
- HAND's 2025 Housing Achievement Award: Best Large Affordable Housing Development

📺 Check out this video that was shown at the HAND awards presentation: [Best Large Affordable Housing Project | 2025 Housing Achievement Awards](https://www.youtube.com/watch?v=4lnDqhV)

[bit.ly/4lnDqhV](https://bit.ly/4lnDqhV)



## **HEALING HANDS AND HEARTS:** ***A THANK YOU TO OUR NURSING PARTNERS***



Every Thursday, something beautiful happens at our community cafe. Nursing students meet neighbors in need, creating connections that go far beyond blood pressure cuffs and stethoscopes.

We're incredibly grateful for our partnership with Arizona College of Nursing's Fairfax campus and their dedicated students. Under the guidance of Dr. Kelly Delaney, PhD, RN, these nursing students have brought more than just their clinical skills to our Thursday gatherings—they've brought compassion, professionalism, and genuine care for our community.

The numbers tell part of the story: vital sign checks, basic health assessments, and screenings that our guests might not otherwise receive. But the real impact happens in those quiet moments when a student takes extra time to listen, when they notice someone who needs a little extra attention, or when they help connect a guest with resources they didn't know existed.

For our guests, these students represent accessible healthcare delivered with dignity and respect. For the students, our cafe offers real-world experience in community health nursing—the kind of learning that can't happen in a classroom.

This partnership embodies what we believe about ministry: that caring for the whole person, body, mind, and spirit, is at the heart of following Jesus. When we can offer both a warm meal and a wellness check, both fellowship and health education, we're living out our call to love our neighbors as ourselves.

To Dr. Delaney and all the nursing students who've shared their Thursday mornings with us: thank you for seeing our guests not as cases to study, but as neighbors to serve. Your gentle professionalism and genuine care have made our cafe a place of healing in every sense of the word.

## **THE SOUNDTRACK OF OUR FAITH:** ***A LOOK AT OUR CONGREGATION'S MUSICAL TASTES***

A huge thank you to everyone who participated in our recent music survey! It was a joy to get a glimpse into the songs and artists that move and inspire our church family. The responses were as diverse and wonderful as our congregation, painting a vibrant picture of our shared musical life.

One of the clearest takeaways is our deep love for the timeless hymns of our faith. Hymns like "How Great Thou Art," "A Mighty Fortress," and "Great Is Thy Faithfulness" were mentioned multiple times, reminding us of the enduring power of these classic songs to express our praise and devotion. We also saw a strong appreciation for spirituals, with favorites like "Go Down Moses" and "Swing Low, Sweet Chariot" being highlighted for their profound soul and joy.

When it comes to music beyond the traditional hymnbook, our tastes are wide-ranging! Many of you expressed a love for praise and worship music, campfire songs, and contemporary Christian artists like Mercy Me and For King & Country. There's also a special place in our hearts for the energetic joy of gospel music, with some even giving a nod to the uplifting soundtrack from Sister Act.

Beyond the sanctuary, our musical preferences span the decades and genres. We have fans of The Beatles, Neil Diamond, Taylor Swift, and Billy Joel. When asked to pick just one genre for life, the choices were incredibly varied, from classical and jazz to 80s pop, classic rock, country, and bluegrass gospel. It's clear we're a congregation that could create one fantastic, eclectic playlist!

Thank you again for sharing a piece of your musical world with us. It's a beautiful reminder that whether we're singing a centuries-old hymn, a praise chorus, or a classic rock anthem, music is a powerful gift that connects us to God and to one another. We look forward to continuing to make a joyful noise with all of you!

Jacob Williams

Worship Coordinator and Accompanist

## **IF HYMNS HAD DAY JOBS**

by Greg Capaldini- Choir Master & Conductor

Ever notice how some hymn titles sound like they belong in a job description? We've all heard the classics:

- Dentist's Hymn – Crown Him with Many Crowns
- Contractor's Hymn – The Church's One Foundation
- Politician's Hymn – Standing on the Promises



But why stop there? Inspired by the hymns in our beloved Methodist tradition, here's a fresh set of "career-hymn" pairings for modern times:

- O for a Thousand Tongues to Sing – NYC Deli Manager Facing a Meat Shortage
- God Moves in a Mysterious Way – Private Investigator
- The God of Abraham Praise – Pastor Preaching on February 12
- On Jordan's Stormy Banks I Stand – Weather Channel Reporter in the Holy Land
- O Love Divine, What Hast Thou Done – Confession Booth Priest
- When I Survey the Wondrous Cross – Land Surveyor with a Title Search Company
- O Come and Dwell in Me – Real Estate Ad Copywriter
- And Are We Yet Alive? – Discovery Channel Survivor Documentary Subject
- Glorious Things of Thee Are Spoken – EGOT Winner
- According to Thy Gracious Word – Court Transcriptionist
- Pass Me Not, O Gentle Savior – Driver in the Left Lane at 10 MPH
- Come, O Thou Traveler Unknown – TSA Agent in the Regular Security Line
- How Can We Sinners Know? – Search Engine Programmer
- Arise, My Soul, Arise – Elevator Repair Technician
- Rock of Ages – Jewelry Store Gem Appraiser
- There Is a Fountain Filled with Blood – Horror Film Set Designer
- O Thou Who Camest from Above – E.T. or Other Galactic Visitors
- Sometimes a Light Surprises – Motion Sensor Light Installer
- I Need Thee Every Hour – Animatronic Bird in a Cuckoo Clock
- Thou Hidden Source of Calm Repose – Pharmacist Dispensing Anxiety Meds
- Leave It There – Dry Cleaner Intake Clerk
- Lord, It Belongs Not to My Care – Parent in a Custody Dispute
- We'll Understand It Better By and By – Particle Physicist
- Abide with Me – Bed-and-Breakfast Proprietor
- Come, Let Us Join Our Friends Above – Airline Passengers Upgraded to First Class
- A Charge to Keep I Have – AAA Mechanic Jumpstarting a Battery

Feeling inspired (or amused)? Turn it into a game! Try scrambling the hymns and professions and matching them for some church newsletter fun. Got ideas for more? Let us know!

## **GRATITUDE AND NEW BEGINNINGS** **FOR OUR LEADERSHIP BOARD**

As we begin our new church leadership year on July 1, I'm thrilled to begin my twelfth year serving as the pastor at Central. This church is blessed with some incredibly talented members who have served diligently on our leadership board for the past six years. Thank you to those folks who are completing their terms of service: Alex Timm, Dainty Ignacio, Gene Cross, Mike Rugala, and Tricia O'Hara. On June 2, 2019, Central voted to move from a church organizational structure with many administrative committees to a "Single, Accountable Board" structure.

When these five folks said, "yes" to serving under this new leadership model, they had no idea what challenges awaited all of us. They weathered the uncertainties of COVID-19 with wisdom and grace. During my father's time in hospice and following his death, they provided unwavering support for me. During my 2023 renewal leave, they held our church steady. And, when it came time to relaunch our ministry in our new space last year, they poured their hearts into ensuring we could begin this new chapter with excellence and purpose.

While we celebrate their faithful service, we're also filled with excitement as we welcome new leadership board members who will help guide us into our next season of ministry. We're grateful for both those who have served so faithfully and those who are stepping forward to serve. Jen Liu, Mark Beckler, Robert Thomas, and Wendy Bodson will continue serving their current terms. They will be joined by new members to the board: Dave Van Patten, Jeanie Cross, Kyra Merrill, and Lane Timm.

A special thank you to Dainty Ignacio, who has served as our lay leader through all of the challenges mentioned above. I am grateful for her faithfulness in prayer and her commitment to seeking God's heart and wisdom. I am also inspired by her dedication to serving others in the name of Christ. We're blessed to have Lane Timm stepping into the role of lay leader. She has served faithfully in many leadership roles at Central and brings a wealth of wisdom and experience to this position. I'm excited to partner with her in this new role.

With deep appreciation and excitement for what's ahead,

Pastor Sarah

## **A JOYFUL NOISE: THANK YOU, GLEN ECHOES!**



Thank you to the Glen Echoes for blessing our worship last week with their musical gifts as we explored what jazz improvisation can teach us about prayer! If you missed worship last week you can watch online at: [bit.ly/4ltfERQ](https://bit.ly/4ltfERQ)

### **A LETTER OF REMEMBRANCE:** **FROM MARY AND BILL MCCONNELL**

Dear Central UMC friends,

We were so sorry to hear of the passing of Reverend Richard Cobb. Richard conducted the service for my mother, Gwen Hassler in 1998. I believe that hers was the first funeral he did for Central members. Afterwards he always made us feel welcome when we were occasionally in Arlington. The service for him was lovely.

Thanks to your worship services online I am able to keep in touch with my childhood church.

Many blessings to all of you,

Mary (Hassler) McConnell & Bill McConnell



God is everywhere. We can be, too.

Since we moved to our new building we have enhanced our online experience and are now live streaming our Service directly on our website at <https://www.cumcballston.org>. This change aims to provide you with a more user-friendly and integrated way to join us from the comfort of your home.

We appreciate your continued support and flexibility as we make this transition. Should you encounter any difficulties or have questions during this process, please feel free to reach out to us.

We look forward to welcoming you to our new online platform and creating an even more engaging virtual community.

Thank you for being a valued part of Central United Methodist Church.



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<https://www.youtube.com/@CUMCBallstonVA>

If you encounter any difficulties accessing the website, you can livestream the event from our YouTube (YT) or Facebook (FB) accounts.



- Donations can be made to Central United Methodist Church as follows:
- PayPal by using the QR code on the left.
- Checks or cash donations can also be dropped in the offering box at the in-person, 10:30-11:30 a.m. worship services on Sunday mornings.
- Checks can be mailed to:  
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4201 Fairfax Drive, Suite 1  
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